ZŁOTY MARATON - 45 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Lądek-Zdrój
Dystans: 45 km

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	**JAGIELSKI Łukasz**	**5076**	LESZNO LIMITS RUNNERS	Senior II M - 30	1	00:58:42	02:08:31	03:09:29	**04:09:38.80**		5:32	10.8 (100%)
2	**PLOCH Jakub**	**5758**		Senior II M - 30	2	01:04:11	02:21:29	03:26:25	**04:29:31.20**	+00:19:52 (7.4%)	5:59	10 (92.6%)
3	**PAZDAN Piotr**	**5122**	140MINUT.PL	Senior II M - 30	3	01:01:15	02:17:09	03:27:18	**04:33:40.80**	+00:24:02 (8.8%)	6:04	9.9 (91.7%)
4	**HLAVATÍK Jan**	**5668**	JUMP SPORT FRÝDEK-MÍSTEK // KURACJUSZE Z WROCLAWIA	Senior II M - 30	4	01:04:18	02:19:08	03:26:40	**04:34:17.10**	+00:24:38 (9.0%)	6:05	9.8 (90.7%)
5	**PIOTROWSKI Marek**	**5644**	SBRT WROCŁAW	Senior II M - 30	5	01:07:10	02:27:33	03:39:36	**04:48:27.50**	+00:38:48 (13.5%)	6:24	9.4 (87.0%)
6	**KUBICZEK Andrzej**	**5613**	DRINK TEAM	Senior II M - 30	6	01:07:10	02:25:51	03:41:08	**04:50:38.35**	+00:40:59 (14.1%)	6:27	9.3 (86.1%)
7	**BORZYSTOWSKI Patryk**	**5479**		Senior II M - 30	7	01:04:11	02:20:59	03:38:19	**04:50:38.70**	+00:40:59 (14.1%)	6:27	9.3 (86.1%)
8	**BARTKOWSKI Mariusz**	**5747**	KURZĘTNIK BIEGA	Senior II M - 30	8	01:08:45	02:31:15	03:46:54	**04:52:32.30**	+00:42:53 (14.7%)	6:30	9.2 (85.2%)
9	**MIKA Andrzej**	**5697**		Senior II M - 30	9	01:13:14	02:34:21	03:47:17	**04:55:02.30**	+00:45:23 (15.4%)	6:33	9.2 (85.2%)
10	**JAGIELA Rafał**	**5189**	KB ODRA OPOLE	Senior II M - 30	10	01:05:27	02:21:10	03:40:26	**04:58:21.80**	+00:48:43 (16.3%)	6:37	9 (83.3%)
11	**WOLSKI Marcin**	**5545**		Senior II M - 30	11	01:06:38	02:27:34	03:46:03	**04:59:05.85**	+00:49:27 (16.5%)	6:38	9 (83.3%)
12	**STEFAŃSKI Krystian**	**5721**	RMT TEAM PRO	Senior II M - 30	12	01:12:30	02:38:20	03:54:19	**05:01:32.70**	+00:51:53 (17.2%)	6:42	9 (83.3%)
13	**TOMCZYK Tomasz**	**5619**	RESHAPE RUNNERS	Senior II M - 30	13	01:08:41	02:34:53	03:52:57	**05:07:22.80**	+00:57:44 (18.8%)	6:49	8.8 (81.5%)
14	**WOJCIECHOWSKI Przemyslaw**	**5728**	CHAMPIONMAN TEAM	Senior II M - 30	14	01:12:51	02:37:40	03:55:45	**05:08:59.45**	+00:59:20 (19.2%)	6:51	8.7 (80.6%)
15	**HADRYS Tomasz**	**5501**	FUNTRI	Senior II M - 30	15	01:13:34	02:38:14	03:55:44	**05:10:59.75**	+01:01:20 (19.7%)	6:54	8.7 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	**WOŹNIAK Jerzy**	**5622**	#ZALINIAMETYTEAM	Senior II M - 30	16	01:10:37	02:33:51	03:56:41	**05:11:34.40**	+01:01:55 (19.9%)	6:55	8.7 (80.6%)
17	**SERWACKI Rafał**	**5756**	STALOWOWOLSKI KLUB BIEGACZA	Senior II M - 30	17	01:13:55	02:42:07	04:04:34	**05:15:41.15**	+01:06:02 (20.9%)	7:00	8.6 (79.6%)
18	**MATCZAK Maciej**	**5561**		Senior II M - 30	18	01:15:10	02:44:58	04:04:26	**05:18:18.30**	+01:08:39 (21.6%)	7:04	8.5 (78.7%)
19	**ROMERO GARCIA Juan**	**5733**	WITC	Senior II M - 30	19	01:15:04	02:38:16	03:58:08	**05:18:24.85**	+01:08:46 (21.6%)	7:04	8.5 (78.7%)
20	**POPIEL Andrzej**	**5478**	#FLEXISTAVTEAM	Senior II M - 30	20	01:13:37	02:39:52	04:02:42	**05:18:50.20**	+01:09:11 (21.7%)	7:05	8.5 (78.7%)
21	**WINIARCZYK Krzysztof**	**5046**		Senior II M - 30	21	01:20:05	02:51:34	04:13:20	**05:21:36.10**	+01:11:57 (22.4%)	7:08	8.4 (77.8%)
22	**JANIEWICZ Jacek**	**5525**	LĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	22	01:10:09	02:35:01	03:58:10	**05:23:50.15**	+01:14:11 (22.9%)	7:11	8.3 (76.9%)
23	**WYSZYŃSKI Roman**	**5385**		Senior II M - 30	23	01:16:48	02:44:10	04:06:49	**05:26:18.85**	+01:16:40 (23.5%)	7:15	8.3 (76.9%)
24	**BERG Aleksander**	**5402**		Senior II M - 30	24	01:12:48	02:37:38	04:04:47	**05:26:20.15**	+01:16:41 (23.5%)	7:15	8.3 (76.9%)
25	**ŁUKOMSKI Krzysztof**	**5620**		Senior II M - 30	25	01:17:51	02:51:11	04:16:25	**05:26:26.20**	+01:16:47 (23.5%)	7:15	8.3 (76.9%)
26	**SAWICKI Bartosz**	**5383**	DZIKIE DZIKI GORZÓW	Senior II M - 30	26	01:22:46	02:53:17	04:14:04	**05:26:27.30**	+01:16:48 (23.5%)	7:15	8.3 (76.9%)
27	**MOŻEJKO Artur**	**5307**	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	27	01:12:56	02:39:55	04:04:44	**05:27:09.55**	+01:17:30 (23.7%)	7:16	8.3 (76.9%)
28	**BANAŚ Radosław**	**5701**		Senior II M - 30	28	01:15:51	02:46:14	04:14:32	**05:30:18.00**	+01:20:39 (24.4%)	7:20	8.2 (75.9%)
29	**LAWRENC Artur**	**5327**	MASATEAM	Senior II M - 30	29	01:20:54	02:51:46	04:16:29	**05:31:56.15**	+01:22:17 (24.8%)	7:22	8.1 (75.0%)
30	**WIJATYK Adrian**	**5553**	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	30	01:16:31	02:48:10	04:19:25	**05:33:14.45**	+01:23:35 (25.1%)	7:24	8.1 (75.0%)
31	**NOWOTNY Piotr**	**5607**	DRINKTEAM	Senior II M - 30	31	01:11:16	02:42:49	04:13:49	**05:37:11.80**	+01:27:33 (26.0%)	7:29	8 (74.1%)
32	**SZUKAŁA Piotr**	**5446**		Senior II M - 30	32	01:21:42	02:54:26	04:19:00	**05:37:14.85**	+01:27:36 (26.0%)	7:29	8 (74.1%)
33	**GAŁEK Aleksander**	**5555**	PRAGMATIQ.PL	Senior II M - 30	33	01:19:00	02:52:43	04:19:10	**05:37:31.00**	+01:27:52 (26.0%)	7:30	8 (74.1%)
34	**CHŁĄD Aleksander**	**5616**	EX TEAM	Senior II M - 30	34	01:18:40	02:52:29	04:19:05	**05:40:40.10**	+01:31:01 (26.7%)	7:34	7.9 (73.1%)
35	**SIETKIEWICZ Piotr**	**5338**	GLEIPNIR SP. Z O.O.	Senior II M - 30	35	01:14:59	02:45:50	04:14:17	**05:41:31.00**	+01:31:52 (26.9%)	7:35	7.9 (73.1%)
36	**LITWIN Michał**	**5137**	LITEWIN	Senior II M - 30	36	01:19:30	02:54:14	04:21:16	**05:42:19.10**	+01:32:40 (27.1%)	7:36	7.9 (73.1%)
37	**KOZLOWSKI Szymon**	**5596**	BIEGACZE Z PRZYLESIA	Senior II M - 30	37	01:13:07	02:40:30	04:09:42	**05:42:31.55**	+01:32:52 (27.1%)	7:36	7.9 (73.1%)
38	**KUDREJ Grzegorz**	**5202**	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior II M - 30	38	01:17:58	02:54:11	04:26:15	**05:44:23.50**	+01:34:44 (27.5%)	7:39	7.8 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	**ŚWIERCZYŃSKI Kacper**	**5510**	NIGHT RUNNERS	Senior II M - 30	39	01:19:46	02:58:49	04:32:50	**05:45:21.15**	+01:35:42 (27.7%)	7:40	7.8 (72.2%)
40	**WELTER Przemysław**	**5559**	KB SZAMOTUŁY	Senior II M - 30	40	01:15:45	02:47:25	04:23:12	**05:45:55.15**	+01:36:16 (27.8%)	7:41	7.8 (72.2%)
41	**URBAŃSKI Michał**	**5526**	LĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	41	01:20:38	02:54:51	04:27:40	**05:46:12.85**	+01:36:34 (27.9%)	7:41	7.8 (72.2%)
42	**SZYMAŃSKI Michał**	**5725**	TGV CLUB	Senior II M - 30	42	01:24:17	02:58:02	04:25:29	**05:47:58.25**	+01:38:19 (28.3%)	7:43	7.8 (72.2%)
43	**KRUKOWSKI Łukasz**	**5117**	MKS SIECHNICE	Senior II M - 30	43	01:28:01	03:05:13	04:29:38	**05:49:52.80**	+01:40:14 (28.6%)	7:46	7.7 (71.3%)
44	**MAJEWSKI Andrzej**	**5172**	OPOLEREKLAMA.PL	Senior II M - 30	44	01:16:40	02:51:03	04:24:23	**05:50:34.80**	+01:40:56 (28.8%)	7:47	7.7 (71.3%)
45	**KULCZYCKI Emanuel**	**5624**	POLSKA	Senior II M - 30	45	01:18:16	02:53:06	04:25:07	**05:51:56.65**	+01:42:17 (29.1%)	7:49	7.7 (71.3%)
46	**SZUMNARSKI Jakub**	**5724**		Senior II M - 30	46	01:24:17	02:58:56	04:29:34	**05:54:23.05**	+01:44:44 (29.6%)	7:52	7.6 (70.4%)
47	**SOBCZYK Grzesiu**	**5371**	WIELUŃ BIEGA	Senior II M - 30	47	01:27:27	03:02:45	04:30:24	**05:54:23.55**	+01:44:44 (29.6%)	7:52	7.6 (70.4%)
48	**ZBĄSKI Krzesimir**	**5628**		Senior II M - 30	48	01:23:50	03:04:43	04:36:01	**05:57:38.85**	+01:48:00 (30.2%)	7:56	7.5 (69.4%)
49	**MARIN IRIGARAY Alberto**	**5212**		Senior II M - 30	49	01:23:23	03:10:03	04:40:47	**06:00:12.45**	+01:50:33 (30.7%)	8:00	7.5 (69.4%)
50	**MUS Paweł**	**5326**	MASATEAM	Senior II M - 30	50	01:27:46	03:03:52	04:31:13	**06:00:32.50**	+01:50:53 (30.8%)	8:00	7.5 (69.4%)
51	**BLANIK Marek**	**5586**		Senior II M - 30	51	01:28:52	03:08:56	04:42:45	**06:00:45.70**	+01:51:06 (30.8%)	8:01	7.5 (69.4%)
52	**POTOCKI Michał**	**5340**	BIEG OPOLSKI	Senior II M - 30	52	01:22:55	02:58:05	04:33:10	**06:01:56.05**	+01:52:17 (31.0%)	8:02	7.5 (69.4%)
53	**SAJEWICZ Grzegorz**	**5377**		Senior II M - 30	53	01:26:17	03:03:35	04:34:44	**06:01:56.35**	+01:52:17 (31.0%)	8:02	7.5 (69.4%)
54	**KUROPATWIŃSKI Tomasz**	**5693**		Senior II M - 30	54	01:26:28	03:04:34	04:36:51	**06:02:33.55**	+01:52:54 (31.1%)	8:03	7.4 (68.5%)
55	**GAWCZYŃSKI Marcel**	**5754**		Senior II M - 30	55	01:24:27	03:03:08	04:35:34	**06:03:41.65**	+01:54:02 (31.4%)	8:04	7.4 (68.5%)
56	**JURCZAK Szymon**	**5447**		Senior II M - 30	56	01:25:19	03:04:27	04:42:22	**06:03:57.40**	+01:54:18 (31.4%)	8:05	7.4 (68.5%)
57	**KALETA Leszek**	**5449**		Senior II M - 30	57	01:32:15	03:04:18	04:36:53	**06:04:41.30**	+01:55:02 (31.5%)	8:06	7.4 (68.5%)
58	**MATUSZEWSKI Łukasz**	**5469**	BIEGOWY WARIAT RUNNIG TEAM	Senior II M - 30	58	01:28:23	03:14:35	04:47:57	**06:08:28.40**	+01:58:49 (32.2%)	8:11	7.3 (67.6%)
59	**JAKRZEWSKI Mikolaj**	**5319**	JB	Senior II M - 30	59	01:29:45	03:15:42	04:46:51	**06:09:10.75**	+01:59:31 (32.4%)	8:12	7.3 (67.6%)
60	**GRONAU Maciej**	**5641**		Senior II M - 30	60	01:27:19	03:07:57	04:42:46	**06:09:40.25**	+02:00:01 (32.5%)	8:12	7.3 (67.6%)
61	**WALEŃSKI Maciej**	**5232**	PROTON	Senior II M - 30	61	01:21:59	03:01:11	04:34:51	**06:10:02.90**	+02:00:24 (32.5%)	8:13	7.3 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
62	**ŚWIDERGOŁ Piotr**	**5457**	MARELLI SOSNOWIEC POLAND	Senior II M - 30	62	01:26:47	03:08:03	04:43:06	**06:11:52.65**	+02:02:13 (32.9%)	8:15	7.3 (67.6%)
63	**STORTZ Piotr**	**5231**		Senior II M - 30	63	01:28:39	03:16:03	04:46:54	**06:12:08.50**	+02:02:29 (32.9%)	8:16	7.3 (67.6%)
64	**WALENDA Mateusz**	**5732**	KS KANAŁEK	Senior II M - 30	64	01:23:07	03:02:45	04:39:13	**06:12:42.65**	+02:03:03 (33.0%)	8:16	7.2 (66.7%)
65	**GANDYRA Rafał**	**5370**		Senior II M - 30	65	01:27:09	03:10:25	04:43:32	**06:12:55.90**	+02:03:17 (33.1%)	8:17	7.2 (66.7%)
66	**LUBAŃSKI Mateusz**	**5393**	KS BARYCZ MILICZ	Senior II M - 30	66	01:16:51	02:56:13	04:48:55	**06:13:42.65**	+02:04:03 (33.2%)	8:18	7.2 (66.7%)
67	**SZRENIAWA Waldemar**	**5491**	MIRAZ RACE TEAM	Senior II M - 30	67	01:33:34	03:17:07	04:49:07	**06:13:51.20**	+02:04:12 (33.2%)	8:18	7.2 (66.7%)
68	**LIPIŃSKI Hubert**	**5722**	KS KANAŁEK	Senior II M - 30	68	01:23:44	03:02:46	04:45:52	**06:15:35.05**	+02:05:56 (33.5%)	8:20	7.2 (66.7%)
69	**MAGDZIAK Łukasz**	**5667**	77HONEY	Senior II M - 30	69	01:29:47	03:14:10	04:49:06	**06:16:32.15**	+02:06:53 (33.7%)	8:22	7.2 (66.7%)
70	**KOŻYCZKOWSKI Marcin**	**5736**	42,2	Senior II M - 30	70	01:33:54	03:21:09	04:56:35	**06:17:05.85**	+02:07:27 (33.8%)	8:22	7.2 (66.7%)
71	**BARAŃCZAK Kamil**	**5672**		Senior II M - 30	71	01:24:51	03:07:37	04:45:40	**06:17:43.65**	+02:08:04 (33.9%)	8:23	7.1 (65.7%)
72	**OSTROWSKI Rafał**	**5512**	LIPUSZ	Senior II M - 30	72	01:31:04	03:10:05	04:55:29	**06:19:37.50**	+02:09:58 (34.2%)	8:26	7.1 (65.7%)
73	**DZIOB Grzegorz**	**5372**	NIEPOŁOMICE BIEGAJĄ	Senior II M - 30	73	01:19:10	02:51:51	04:40:16	**06:23:12.45**	+02:13:33 (34.9%)	8:30	7 (64.8%)
74	**KACZOR Michał**	**5435**	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	74	01:35:00	03:20:04	05:04:30	**06:23:36.00**	+02:13:57 (34.9%)	8:31	7 (64.8%)
75	**JADACH Grzegorz**	**5752**	VEGE RUNNERS	Senior II M - 30	75	01:29:27	03:12:37	04:54:29	**06:24:16.40**	+02:14:37 (35.0%)	8:32	7 (64.8%)
76	**HACUŚ Jacek**	**5439**		Senior II M - 30	76	01:28:11	03:15:37	04:52:07	**06:27:53.00**	+02:18:14 (35.6%)	8:37	7 (64.8%)
77	**SZYROCKI Krzysztof**	**5585**	KS FORMA WODZISLAW ŚLĄSKI	Senior II M - 30	77	01:30:19	03:14:44	04:55:39	**06:28:43.10**	+02:19:04 (35.8%)	8:38	6.9 (63.9%)
78	**SAWICZ Piotr**	**5179**		Senior II M - 30	78	01:26:49	03:13:17	04:56:04	**06:29:19.45**	+02:19:40 (35.9%)	8:39	6.9 (63.9%)
79	**JACHYMSKI Ignacy**	**5540**	AKG ŁÓDŹ	Senior II M - 30	79	01:25:14	03:14:43	04:57:39	**06:29:54.55**	+02:20:15 (36.0%)	8:39	6.9 (63.9%)
80	**DEMYDA Michał**	**5425**		Senior II M - 30	80	01:25:41	03:10:32	04:53:10	**06:33:34.00**	+02:23:55 (36.6%)	8:44	6.9 (63.9%)
81	**PUCHALSKI Piotr**	**5507**	POLISH FOREST GIN	Senior II M - 30	81	01:28:42	03:21:51	05:13:10	**06:35:19.60**	+02:25:40 (36.9%)	8:47	6.8 (63.0%)
82	**PUCHALSKI Tomasz**	**5505**		Senior II M - 30	82	01:28:43	03:21:52	05:10:46	**06:35:20.20**	+02:25:41 (36.9%)	8:47	6.8 (63.0%)
83	**PTAK Mateusz**	**5710**		Senior II M - 30	83	01:25:16	03:07:01	04:59:15	**06:35:56.70**	+02:26:17 (36.9%)	8:47	6.8 (63.0%)
84	**LICHOCKI Marcin**	**5120**		Senior II M - 30	84	01:30:52	03:25:03	05:05:42	**06:36:41.90**	+02:27:03 (37.1%)	8:48	6.8 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
85	**IWANEK Przemysław**	**5294**		Senior II M - 30	85	01:28:40	03:10:16	05:01:38	**06:38:54.10**	+02:29:15 (37.4%)	8:51	6.8 (63.0%)
86	**MURGOSKI Zlatko**	**5290**		Senior II M - 30	86	01:31:43	03:20:06	05:05:06	**06:40:39.90**	+02:31:01 (37.7%)	8:54	6.7 (62.0%)
87	**MOCZULSKI Kamil**	**5119**	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior II M - 30	87	01:29:54	03:21:49	05:08:56	**06:41:21.10**	+02:31:42 (37.8%)	8:55	6.7 (62.0%)
88	**ADAMOWICZ Daniel**	**5205**	KB PIONIER	Senior II M - 30	88	01:36:45	03:35:11	05:19:42	**06:41:54.85**	+02:32:16 (37.9%)	8:55	6.7 (62.0%)
89	**GRZYBEK Sławomir**	**5597**	BARTOSZ GORCZYCA TEAM	Senior II M - 30	89	01:32:35	03:22:45	05:09:56	**06:42:48.65**	+02:33:09 (38.0%)	8:57	6.7 (62.0%)
90	**RAKOCZY Krzysztof**	**5347**		Senior II M - 30	90	01:30:08	03:12:17	04:51:19	**06:43:05.05**	+02:33:26 (38.1%)	8:57	6.7 (62.0%)
91	**ZIELIŃSKI Sebastian**	**5213**	POZYTYWNIE ZABIEGANI SANOK	Senior II M - 30	91	01:27:19	03:19:02	05:09:24	**06:44:46.95**	+02:35:08 (38.3%)	8:59	6.7 (62.0%)
92	**MICHALSKI Łukasz**	**5295**	ACTIVERUNŁASK	Senior II M - 30	92	01:27:52	03:20:11	05:07:00	**06:45:13.95**	+02:35:35 (38.4%)	9:00	6.7 (62.0%)
93	**PĘCHRA Mateusz**	**5538**		Senior II M - 30	93	01:30:43	03:21:35	05:09:57	**06:46:44.00**	+02:37:05 (38.6%)	9:02	6.6 (61.1%)
94	**ROKOSZEWSKI Andrzej**	**5669**		Senior II M - 30	94	01:25:44	03:12:38	05:05:40	**06:47:00.85**	+02:37:22 (38.7%)	9:02	6.6 (61.1%)
95	**LESZCZYNOWICZ Jacek**	**5180**	POLACY BIEGAJĄ W UK	Senior II M - 30	95	01:33:04	03:24:27	05:14:46	**06:48:31.45**	+02:38:52 (38.9%)	9:04	6.6 (61.1%)
96	**WLAZŁOWSKI Michał**	**5151**	PRZEDWOJEWSKI TEAM	Senior II M - 30	96	01:27:04	03:20:42	05:06:41	**06:49:40.50**	+02:40:01 (39.1%)	9:06	6.6 (61.1%)
97	**MENDYK Maciej**	**5194**	RUNRX	Senior II M - 30	97	01:26:32	03:19:03	05:09:20	**06:51:16.15**	+02:41:37 (39.3%)	9:08	6.6 (61.1%)
98	**MISTUR Szymon**	**5085**		Senior II M - 30	98	01:29:59	03:19:31	05:07:12	**06:52:03.40**	+02:42:24 (39.4%)	9:09	6.6 (61.1%)
99	**HACHOŁ Tomasz**	**5523**		Senior II M - 30	99	01:29:55	03:28:44	05:19:34	**06:55:21.40**	+02:45:42 (39.9%)	9:13	6.5 (60.2%)
100	**SALIŃSKI Bartosz**	**5527**	WKURW_TEAM	Senior II M - 30	100	01:35:08	03:33:57	05:22:45	**06:55:58.45**	+02:46:19 (40.0%)	9:14	6.5 (60.2%)
101	**PREGIEL Mateusz**	**5361**		Senior II M - 30	101	01:31:57	03:18:56	05:11:16	**06:55:59.45**	+02:46:20 (40.0%)	9:14	6.5 (60.2%)
102	**JASINSKI Maciej**	**5649**		Senior II M - 30	102	01:31:03	03:17:04	05:12:03	**06:56:34.20**	+02:46:55 (40.1%)	9:15	6.5 (60.2%)
103	**JANIA Przemysław**	**5634**		Senior II M - 30	103	01:32:04	03:28:51	05:26:41	**06:57:50.95**	+02:48:12 (40.3%)	9:17	6.5 (60.2%)
104	**BARTOSIK Michał**	**5636**		Senior II M - 30	104	01:32:07	03:28:43	05:26:43	**06:59:02.65**	+02:49:23 (40.4%)	9:18	6.4 (59.3%)
105	**ŚRODA Maciej**	**5158**		Senior II M - 30	105	01:30:31	03:22:22	05:15:39	**07:01:19.55**	+02:51:40 (40.7%)	9:21	6.4 (59.3%)
106	**DRZYMAŁA Marcin**	**5064**		Senior II M - 30	106	01:30:15	03:27:29	05:19:46	**07:02:10.65**	+02:52:31 (40.9%)	9:22	6.4 (59.3%)
107	**KUBAS Krystian**	**5239**	PRUSZCZ BIEGA / STRASZYN BIEGA	Senior II M - 30	107	01:23:26	03:18:23	05:22:33	**07:04:13.70**	+02:54:34 (41.2%)	9:25	6.4 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	**JAŚKIEWICZ Szymon**	**5394**	SŁYNNI KENIJCZYCY	Senior II M - 30	108	01:36:51	03:38:29	05:26:40	**07:04:29.90**	+02:54:51 (41.2%)	9:25	6.4 (59.3%)
109	**ŁUBIAN Michał**	**5706**		Senior II M - 30	109	01:41:39	03:43:06	05:34:52	**07:04:51.90**	+02:55:13 (41.2%)	9:26	6.4 (59.3%)
110	**BOCHM Szymon**	**5549**		Senior II M - 30	110	01:34:39	03:32:58	05:16:08	**07:05:08.80**	+02:55:30 (41.3%)	9:26	6.4 (59.3%)
111	**RUSNARCZYK Michał**	**5199**	KGHM ZG RUN	Senior II M - 30	111	01:31:14	03:42:02	05:31:55	**07:05:57.10**	+02:56:18 (41.4%)	9:27	6.3 (58.3%)
112	**WIEDYSKA Jakub**	**5557**		Senior II M - 30	112	01:36:21	03:32:07	05:24:00	**07:06:58.90**	+02:57:20 (41.5%)	9:29	6.3 (58.3%)
113	**NIENARTOWICZ Pawel**	**5271**		Senior II M - 30	113	01:31:23	03:26:07	05:21:28	**07:08:14.35**	+02:58:35 (41.7%)	9:30	6.3 (58.3%)
114	**STASZEWSKI Dariusz**	**5124**	7.BKPOW	Senior II M - 30	114	01:35:49	03:34:18	05:23:52	**07:09:17.90**	+02:59:39 (41.8%)	9:32	6.3 (58.3%)
115	**JESZKIE Piotr**	**5169**	NOMTEK	Senior II M - 30	115	01:31:17	03:34:57	05:37:02	**07:09:44.05**	+03:00:05 (41.9%)	9:32	6.3 (58.3%)
116	**RYPUŁA Jacek**	**5368**	ZEN RUNNING TEAM	Senior II M - 30	116	01:40:45	03:36:57	05:35:03	**07:09:44.50**	+03:00:05 (41.9%)	9:32	6.3 (58.3%)
117	**CISZEWSKI Krzysztof**	**5578**		Senior II M - 30	117	01:33:06	03:31:17	05:36:36	**07:10:02.20**	+03:00:23 (41.9%)	9:33	6.3 (58.3%)
118	**LEWANDOWSKI Rafał**	**5130**	BIEGAM BO NIE LUBIE	Senior II M - 30	118	01:35:32	03:41:35	05:40:50	**07:10:17.75**	+03:00:38 (42.0%)	9:33	6.3 (58.3%)
119	**BOSZKO Krzysztof**	**5027**	GIT	Senior II M - 30	119	01:34:58	03:35:43	05:24:46	**07:10:43.10**	+03:01:04 (42.0%)	9:34	6.3 (58.3%)
120	**SZARF Paweł**	**5191**	ZAŁOGA GÓRSKA	Senior II M - 30	120	01:27:28	03:29:41	05:27:49	**07:17:27.15**	+03:07:48 (42.9%)	9:43	6.2 (57.4%)
121	**KOPKA Paweł**	**5356**		Senior II M - 30	121	01:33:57	03:32:37	05:25:06	**07:19:02.25**	+03:09:23 (43.1%)	9:45	6.1 (56.5%)
122	**BUREK Bartosz**	**5182**	JAKDOJADE	Senior II M - 30	122	01:28:41	03:24:08	05:28:36	**07:20:20.20**	+03:10:41 (43.3%)	9:47	6.1 (56.5%)
123	**MICHALSKI Dawid**	**5066**	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30	123	01:38:51	03:43:40	05:35:55	**07:20:24.20**	+03:10:45 (43.3%)	9:47	6.1 (56.5%)
124	**BYŚ Mateusz**	**5050**		Senior II M - 30	124	01:27:50	03:20:39	05:21:17	**07:21:27.65**	+03:11:48 (43.4%)	9:48	6.1 (56.5%)
125	**LUBIŃSKI Mikolaj**	**5234**	BIEGAM BO NIE LUBIE...	Senior II M - 30	125	01:28:03	03:20:29	05:42:40	**07:21:37.45**	+03:11:58 (43.5%)	9:48	6.1 (56.5%)
126	**RYŚNIK Błażej**	**5564**		Senior II M - 30	126	01:36:55	03:38:31	05:35:21	**07:21:56.80**	+03:12:18 (43.5%)	9:49	6.1 (56.5%)
127	**PELC Tomasz**	**5476**	DTR BIEGA / MARIO TEAM	Senior II M - 30	127	01:30:41	03:27:59	05:31:26	**07:23:37.55**	+03:13:58 (43.7%)	9:51	6.1 (56.5%)
128	**NAWROT Dawid**	**5506**	MIRAZ RACE TEAM	Senior II M - 30	128	01:35:08	03:45:45	05:54:22	**07:29:17.35**	+03:19:38 (44.4%)	9:59	6 (55.6%)
129	**WALKOWIAK Mateusz**	**5077**	BTB	Senior II M - 30	129	01:35:07	03:35:09	05:57:42	**07:29:49.50**	+03:20:10 (44.5%)	9:59	6 (55.6%)
130	**MIELNIK Krzysztof**	**5141**	DIEHL CONTROLS TRIATHLON TEAM	Senior II M - 30	130	01:40:50	03:49:55	05:42:36	**07:30:04.90**	+03:20:26 (44.5%)	10:00	6 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
131	**PISZCZEK Piotr**	**5216**		Senior II M - 30	131	01:36:00	03:32:19	05:57:01	**07:32:34.05**	+03:22:55 (44.8%)	10:03	6 (55.6%)
132	**SEMENIUK Konrad**	**5551**	RZEPIN CITY	Senior II M - 30	132	01:36:56	03:44:25	05:45:16	**07:32:50.80**	+03:23:12 (44.9%)	10:03	6 (55.6%)
133	**JĘDROWSKI Ryszard**	**5580**	ULTRA RZEPIN	Senior II M - 30	133	01:37:15	03:44:24	05:45:52	**07:33:10.05**	+03:23:31 (44.9%)	10:04	6 (55.6%)
134	**SZADKOWSKI Paweł**	**5713**	BPRT GLIWICE	Senior II M - 30	134	01:42:04	03:45:10	05:46:17	**07:34:57.05**	+03:25:18 (45.1%)	10:06	5.9 (54.6%)
135	**KURENDA Radosław**	**5494**	KLUB BIEGACZA RTVEUROAGD	Senior II M - 30	135	01:34:17	03:25:56	05:41:37	**07:35:11.90**	+03:25:33 (45.2%)	10:06	5.9 (54.6%)
136	**KURENDA Krzysztof**	**5539**	KW OPOLE	Senior II M - 30	136	01:34:12	03:26:52	05:35:43	**07:35:15.60**	+03:25:36 (45.2%)	10:07	5.9 (54.6%)
137	**RADOSZ Jacek**	**5680**		Senior II M - 30	137	01:40:12	03:33:45	05:33:05	**07:35:21.50**	+03:25:42 (45.2%)	10:07	5.9 (54.6%)
138	**KRUPA Piotr**	**5749**		Senior II M - 30	138	01:44:00	03:51:51	05:51:46	**07:35:47.50**	+03:26:08 (45.2%)	10:07	5.9 (54.6%)
139	**MIKICKI Dariusz**	**5645**		Senior II M - 30	139	01:32:19	03:26:52	05:39:45	**07:42:13.10**	+03:32:34 (46.0%)	10:16	5.8 (53.7%)
140	**GARBACZ Damian**	**5577**		Senior II M - 30	140	01:36:03	03:49:50	06:00:49	**07:42:15.55**	+03:32:36 (46.0%)	10:16	5.8 (53.7%)
141	**ADAMSKI Łukasz**	**5244**	BIEGAM BO NIE LUBIĘ	Senior II M - 30	141	01:30:33	03:29:44	05:42:41	**07:42:38.65**	+03:32:59 (46.0%)	10:16	5.8 (53.7%)
142	**CIĄPAŁA Jakub**	**5173**		Senior II M - 30	142	01:36:09	03:44:43	05:57:04	**07:43:55.15**	+03:34:16 (46.2%)	10:18	5.8 (53.7%)
143	**NAKLICKI Marcin**	**5269**	DRUŻYNA STASIA	Senior II M - 30	143	01:44:50	03:52:56	05:58:44	**07:45:24.45**	+03:35:45 (46.4%)	10:20	5.8 (53.7%)
144	**HADRYSIAK Adam**	**5303**	NAPIERACZE	Senior II M - 30	144	01:42:40	03:49:48	05:53:50	**07:46:05.00**	+03:36:26 (46.4%)	10:21	5.8 (53.7%)
145	**STELMACH Mariusz**	**5177**		Senior II M - 30	145	01:36:21	03:44:19	06:00:48	**07:48:13.90**	+03:38:35 (46.7%)	10:24	5.8 (53.7%)
146	**DOMAGAŁA Konrad**	**5336**	KLUCZBORSKA GRUPA BIEGOWA	Senior II M - 30	146	01:40:47	03:54:52	06:05:01	**07:50:18.30**	+03:40:39 (46.9%)	10:27	5.7 (52.8%)
147	**OKRASA Tomasz**	**5225**	CAŁA OLEŚNICA BIEGA	Senior II M - 30	147	01:34:02	03:44:13	05:49:08	**07:50:53.40**	+03:41:14 (47.0%)	10:27	5.7 (52.8%)
148	**PODBIELSKI Krystian**	**5544**		Senior II M - 30	148	01:34:55	03:45:32	05:56:26	**07:53:11.25**	+03:43:32 (47.2%)	10:30	5.7 (52.8%)
149	**NAJDUK Daniel**	**5028**	ROZBIEGANI CHOJNÓW	Senior II M - 30	149	01:43:43	03:54:16	05:52:32	**07:53:40.05**	+03:44:01 (47.3%)	10:31	5.7 (52.8%)
150	**LESZCZYŃSKI Bartłomiej**	**5529**	LASY WAWERSKIE	Senior II M - 30	150	01:37:03	03:50:46	06:06:28	**07:54:55.95**	+03:45:17 (47.4%)	10:33	5.7 (52.8%)
151	**SOSIŃSKI Tomasz**	**5302**	NAPIERACZE	Senior II M - 30	151	01:42:35	03:57:06	06:10:35	**07:57:59.65**	+03:48:20 (47.8%)	10:37	5.6 (51.9%)
152	**FIRAZA Łukasz**	**5304**	NAPIERACZE	Senior II M - 30	152	01:42:23	03:57:05	06:10:35	**07:58:00.00**	+03:48:21 (47.8%)	10:37	5.6 (51.9%)
153	**KAMIONKA Andrzej**	**5753**	14ZBOT	Senior II M - 30	153	01:33:06	03:47:17	06:19:03	**08:01:22.90**	+03:51:44 (48.1%)	10:41	5.6 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
154	**CHOLEWIŃSKI Rafał**	**5726**	SUPADUPAFLY	Senior II M - 30	154	01:37:36	04:02:15	06:12:45	**08:06:14.25**	+03:56:35 (48.7%)	10:48	5.6 (51.9%)
155	**SZCZĘSNY Romuald**	**5197**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	155	01:44:11	04:03:10	06:22:03	**08:07:50.05**	+03:58:11 (48.8%)	10:50	5.5 (50.9%)
156	**MALINOWSKI Konrad**	**5112**		Senior II M - 30	156	01:40:40	03:52:26	06:07:53	**08:15:24.40**	+04:05:45 (49.6%)	11:00	5.5 (50.9%)
157	**KUBÓW Jarek**	**5493**		Senior II M - 30	157	01:39:07	03:56:49	06:23:00	**08:19:17.05**	+04:09:38 (50.0%)	11:05	5.4 (50.0%)
158	**KRZOS Piotr**	**5353**		Senior II M - 30	158	01:41:52	03:56:37	06:01:39	**08:19:20.85**	+04:09:42 (50.0%)	11:05	5.4 (50.0%)
159	**MAŚLANKA Łukasz**	**5032**		Senior II M - 30	159	01:43:08	04:05:20	06:22:13	**08:20:02.50**	+04:10:23 (50.1%)	11:06	5.4 (50.0%)
160	**SŁOMKA Mariusz**	**5492**		Senior II M - 30	160	01:42:44	03:58:53	06:15:55	**08:37:41.80**	+04:28:03 (51.8%)	11:30	5.2 (48.1%)
161	**KAŁŁAUR Krzysztof**	**5429**		Senior II M - 30	161	01:48:14	04:09:44	06:30:44	**08:39:20.55**	+04:29:41 (51.9%)	11:32	5.2 (48.1%)
162	**JUSKOWIAK Mikołaj**	**5061**	WKURW_TEAM	Senior II M - 30	162	01:48:29	04:29:11	06:45:31	**08:39:22.85**	+04:29:44 (51.9%)	11:32	5.2 (48.1%)
163	**SZTYLER Konrad**	**5044**		Senior II M - 30	163	01:53:28	04:20:29	06:44:12	**08:41:03.80**	+04:31:25 (52.1%)	11:34	5.2 (48.1%)
164	**KOZŁOWSKI Piotr**	**5408**		Senior II M - 30	164	01:46:01	03:59:35	06:14:33	**08:44:17.00**	+04:34:38 (52.4%)	11:39	5.1 (47.2%)
165	**JARYSZ Piotr**	**5240**	KRIS TRANS MAŁYSZKA	Senior II M - 30	165	01:56:29	04:25:26	06:44:48	**08:46:25.25**	+04:36:46 (52.6%)	11:41	5.1 (47.2%)
166	**KOTULA Jakub**	**5258**		Senior II M - 30	166	01:54:28	04:32:29	06:50:16	**08:51:46.80**	+04:42:08 (53.1%)	11:49	5.1 (47.2%)
167	**KOZERA Kamil**	**5522**	HARPAGAN SOSNOWIEC	Senior II M - 30	167	01:47:01	04:19:58	06:42:11	**09:06:01.70**	+04:56:22 (54.3%)	12:08	4.9 (45.4%)
168	**NOWAK Jakub**	**5067**	POMIOTY SZATANA	Senior II M - 30	168	01:50:31	04:35:47	06:56:27	**09:18:32.10**	+05:08:53 (55.3%)	12:24	4.8 (44.4%)
169	**KAWA Tomasz**	**5382**		Senior II M - 30	169	02:02:29	04:49:40	07:27:22	**09:42:12.50**	+05:32:33 (57.1%)	12:56	4.6 (42.6%)
	STARUCH Robert	**5764**	KUDOWIANKA RUN	Senior II M - 30		01:13:10 DNF	02:47:01 DNF	04:35:58 DNF	**DNF**		-	- (0.0%)
	TERZONI Christian	**5227**	PRZEDWOJEWSKI TEAM	Senior II M - 30		01:01:37 DNF	02:17:12 DNF	DNF	**DNF**		-	- (0.0%)
	KWIATKOWSKI Daniel	**5203**	KLUB PRZYJACIÓŁ MYSZKI MIKI	Senior II M - 30		01:46:57 DNF	04:32:28 DNF	DNF	**DNF**		-	- (0.0%)

Znaleziono 172 wynik(ów)