



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
45 km

ZŁOTY MARATON - 45 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	BOULKHALF Abdellatif	5630	KB WIKON	Senior II M - 30	1	00:00:03	00:54:41	02:00:00	02:58:34	03:49:37.75	03:49:37.75		5:06	11.8 (100%)
2	MÜLLER Christoph	5447	ŁĄDEK-ZDRÓJ RUNNERS	Senior II M - 30	2	00:00:03	00:58:27	02:09:51	03:11:25	04:12:55.90	04:12:55.90	+00:23:18 (9.2%)	5:37	10.7 (90.7%)
3	WRÓBLEWSKI Robert	5628		Senior II M - 30	3	00:00:07	00:54:44	02:02:32	03:13:10	04:18:19.05	04:18:19.05	+00:28:41 (11.1%)	5:44	10.5 (89.0%)
4	SZAFRANEK Paweł	5252	STAŃCZAK TEAM	Senior II M - 30	4	00:00:47	01:02:28	02:14:46	03:17:52	04:21:11.60	04:21:11.60	+00:31:33 (12.1%)	5:48	10.3 (87.3%)
5	SZYMAŃCZUK Jacek	5535	#BIEGIEMWLAS/NARAMOWICE BIEGAJĄ	Senior II M - 30	5	00:00:04	00:57:25	02:11:12	03:24:56	04:34:53.50	04:34:53.50	+00:45:15 (16.5%)	6:06	9.8 (83.1%)
6	WALKOSZ Mateusz	5303	#SOBASTEAM	Senior II M - 30	6	00:00:04	01:02:41	02:20:42	03:27:52	04:35:12.50	04:35:12.50	+00:45:34 (16.6%)	6:06	9.8 (83.1%)
7	GREGORCZYK Lukasz	5608	VEGE RUNNERS	Senior II M - 30	7	00:00:05	01:01:57	02:21:06	03:33:14	04:43:46.75	04:43:46.75	+00:54:09 (19.1%)	6:18	9.5 (80.5%)
8	STASIUKAITIS Simas	5673	BĖGIMO KLUBAS	Senior II M - 30	8	00:01:09	01:13:01	02:32:42	03:42:35	04:50:08.40	04:50:08.40	+01:00:30 (20.9%)	6:26	9.3 (78.8%)
9	KARCZMARCZYK Mateusz	5406		Senior II M - 30	9	00:00:06	01:08:45	02:31:36	03:46:37	04:53:25.55	04:53:25.55	+01:03:47 (21.7%)	6:31	9.2 (78.0%)
10	GALUSKIN Alexey	5591	GRUPA NOMAX	Senior II M - 30	10	00:00:12	01:11:05	02:31:52	03:46:27	04:53:54.65	04:53:54.65	+01:04:16 (21.9%)	6:31	9.2 (78.0%)
11	BIENIEK Damian	5538	AZYMUT TEAM	Senior II M - 30	11	00:00:01	01:06:40	02:29:26	03:45:39	04:57:50.45	04:57:50.45	+01:08:12 (22.9%)	6:37	9.1 (77.1%)
12	GORSIAK Paweł	5250		Senior II M - 30	12	00:00:12	01:11:02	02:39:23	03:51:49	04:59:47.50	04:59:47.50	+01:10:09 (23.4%)	6:39	9 (76.3%)
13	TALAGA Dawid	5220	KGHM ZG RUN	Senior II M - 30	13	00:00:20	01:11:09	02:32:01	03:50:14	05:03:51.75	05:03:51.75	+01:14:14 (24.4%)	6:45	8.9 (75.4%)
14	WOJNAROWICZ Paweł	5308		Senior II M - 30	14	00:00:31	01:12:09	02:36:02	03:52:38	05:04:48.15	05:04:48.15	+01:15:10 (24.7%)	6:46	8.9 (75.4%)
15	ŁACHACZ Karol	5465	GÓRAL Z MAZUR RUNNING TEAM	Senior II M - 30	15	00:00:13	01:10:58	02:36:55	03:55:35	05:07:45.25	05:07:45.25	+01:18:07 (25.4%)	6:50	8.8 (74.6%)
16	WRÓBLEWSKI Adrian	5380	ZGRUPKA PROMOBIL TEAM	Senior II M - 30	16	00:00:32	01:11:06	02:36:34	03:55:21	05:08:58.00	05:08:58.00	+01:19:20 (25.7%)	6:51	8.7 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
17	ŚNIERZYŃSKI Robert	5146		Senior II M - 30	17	00:00:36	01:10:59	02:35:58	03:55:07	05:09:41.60	05:09:41.60	+01:20:03 (25.9%)	6:52	8.7 (73.7%)
18	WÓJCIK Robert	5175	42K PRO TEAM	Senior II M - 30	18	00:00:04	01:10:58	02:37:09	03:56:42	05:11:23.10	05:11:23.10	+01:21:45 (26.3%)	6:55	8.7 (73.7%)
19	KOTARSKI Jarosław	5577		Senior II M - 30	19	00:00:06	01:07:45	02:28:31	03:55:36	05:12:59.75	05:12:59.75	+01:23:22 (26.6%)	6:57	8.6 (72.9%)
20	ZIELIŃSKI Piotr	5066		Senior II M - 30	20	00:00:07	01:11:08	02:36:22	04:02:40	05:15:31.65	05:15:31.65	+01:25:53 (27.2%)	7:00	8.6 (72.9%)
21	SIKORA Łukasz	5624	GRUPA NOMAX	Senior II M - 30	21	00:00:12	01:15:25	02:45:32	04:03:41	05:16:57.90	05:16:57.90	+01:27:20 (27.6%)	7:02	8.5 (72.0%)
22	ALLGÄUER Maximilian	5396		Senior II M - 30	22	00:01:24	01:18:04	02:48:35	04:09:59	05:17:23.70	05:17:23.70	+01:27:45 (27.7%)	7:03	8.5 (72.0%)
23	CZAPIGA Grzegorz	5153	BURZA BORECZEK	Senior II M - 30	23	00:00:38	01:13:00	02:39:24	04:03:13	05:21:38.45	05:21:38.45	+01:32:00 (28.6%)	7:08	8.4 (71.2%)
24	JĘDRASIK Adam	5432		Senior II M - 30	24	00:00:10	01:11:06	02:35:06	04:07:36	05:23:29.30	05:23:29.30	+01:33:51 (29.0%)	7:11	8.3 (70.3%)
25	ZIELIŃSKI Mateusz	5438		Senior II M - 30	25	00:00:29	01:16:57	02:48:47	04:11:30	05:23:47.40	05:23:47.40	+01:34:09 (29.1%)	7:11	8.3 (70.3%)
26	ŚLĘCZEK Filip	5041		Senior II M - 30	26	00:00:25	01:14:06	02:43:29	04:07:31	05:28:33.25	05:28:33.25	+01:38:55 (30.1%)	7:18	8.2 (69.5%)
27	BAKOWICZ Kamil	5238	AKTYWNI KAMIEŃSK	Senior II M - 30	27	00:00:34	01:19:52	02:56:04	04:22:12	05:32:29.20	05:32:29.20	+01:42:51 (30.9%)	7:23	8.1 (68.6%)
28	STAWIŃSKI Michał	5236	NIGHT RUNNERS	Senior II M - 30	28	00:00:03	01:04:09	02:26:24	04:00:07	05:35:55.25	05:35:55.25	+01:46:17 (31.6%)	7:27	8 (67.8%)
29	ŁATWIŃSKI Łukasz	5078	MOCNA GRUPA CEZARA	Senior II M - 30	29	00:01:21	01:21:45	02:56:23	04:23:06	05:35:57.05	05:35:57.05	+01:46:19 (31.6%)	7:27	8 (67.8%)
30	PLIS Grzegorz	5246		Senior II M - 30	30	00:01:51	01:29:28	02:57:32	04:24:14	05:35:58.35	05:35:58.35	+01:46:20 (31.7%)	7:27	8 (67.8%)
31	GORZELANY Rafał	5602		Senior II M - 30	31	00:00:29	01:20:15	02:48:40	04:20:12	05:36:58.05	05:36:58.05	+01:47:20 (31.9%)	7:29	8 (67.8%)
32	BALCEREK Mariusz	5070	FOKA TEAM	Senior II M - 30	32	00:00:26	01:12:07	02:41:31	04:12:02	05:37:36.15	05:37:36.15	+01:47:58 (32.0%)	7:30	8 (67.8%)
33	KOSIŃSKI Michał	5050		Senior II M - 30	33	00:00:11	01:12:51	02:44:58	04:16:54	05:37:39.95	05:37:39.95	+01:48:02 (32.0%)	7:30	8 (67.8%)
34	MACHOWIAK Maciej	5330		Senior II M - 30	34	00:00:50	01:13:00	02:41:48	04:11:55	05:38:19.70	05:38:19.70	+01:48:41 (32.1%)	7:31	8 (67.8%)
35	MARCZEWSKI Maciej	5415		Senior II M - 30	35	00:01:45	01:24:02	02:55:23	04:19:58	05:39:11.95	05:39:11.95	+01:49:34 (32.3%)	7:32	8 (67.8%)
36	JANOWSKI Michał	5082		Senior II M - 30	36	00:00:11	01:13:35	02:52:19	04:23:39	05:40:11.45	05:40:11.45	+01:50:33 (32.5%)	7:33	7.9 (66.9%)
37	WESOŁOWSKI Michał	5511		Senior II M - 30	37	00:01:26	01:17:32	02:50:13	04:20:30	05:41:33.15	05:41:33.15	+01:51:55 (32.8%)	7:35	7.9 (66.9%)
38	GODLEWSKI Mariusz	5632		Senior II M - 30	38	00:00:18	01:18:58	02:59:34	04:25:17	05:41:37.55	05:41:37.55	+01:51:59 (32.8%)	7:35	7.9 (66.9%)
39	MOCZULSKI Kamil	5179	SBRT WROCŁAW	Senior II M - 30	39	00:01:19	01:20:18	02:52:21	04:21:53	05:42:53.45	05:42:53.45	+01:53:15 (33.0%)	7:37	7.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
40	TOMELA Maciej	5075	TEAM GOSZKA	Senior II M - 30	40	00:01:42	01:17:04	02:44:54	04:15:55	05:43:05.05	05:43:05.05	+01:53:27 (33.1%)	7:37	7.9 (66.9%)
41	KOTOWSKI Paweł	5681	GT RAT - CATIUS	Senior II M - 30	41	00:00:53	01:17:07	02:52:19	04:24:09	05:43:29.75	05:43:29.75	+01:53:52 (33.1%)	7:37	7.9 (66.9%)
42	DUBAS Marek	5369	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II M - 30	42	00:01:07	01:18:06	02:52:21	04:18:07	05:43:33.90	05:43:33.90	+01:53:56 (33.2%)	7:38	7.9 (66.9%)
43	BUHL Marcin	5504		Senior II M - 30	43	00:00:11	01:16:58	02:50:08	04:23:08	05:44:02.50	05:44:02.50	+01:54:24 (33.3%)	7:38	7.8 (66.1%)
44	KLIŚ Marcin	5656		Senior II M - 30	44	00:00:11	01:16:57	02:50:05	04:23:07	05:44:02.75	05:44:02.75	+01:54:25 (33.3%)	7:38	7.8 (66.1%)
45	GAŁEK Aleksander	5381	PRAGMATIQ.PL	Senior II M - 30	45	00:00:16	01:18:35	02:53:06	04:25:20	05:44:14.75	05:44:14.75	+01:54:37 (33.3%)	7:38	7.8 (66.1%)
46	URBAŃSKI Bartłomiej	5258		Senior II M - 30	46	00:00:56	01:20:50	02:53:35	04:24:28	05:46:20.35	05:46:20.35	+01:56:42 (33.7%)	7:41	7.8 (66.1%)
47	WITKOWSKI Wojciech	5186		Senior II M - 30	47	00:00:07	01:11:57	02:43:35	04:32:54	05:46:48.95	05:46:48.95	+01:57:11 (33.8%)	7:42	7.8 (66.1%)
48	JAZ Ernest	5299	ENDORFINY WĄSOSZ	Senior II M - 30	48	00:01:07	01:17:05	02:50:44	04:21:02	05:47:13.15	05:47:13.15	+01:57:35 (33.9%)	7:42	7.8 (66.1%)
49	BŁAŻEJCZAK Tomasz	5490	#BIEGAJLESZNO	Senior II M - 30	49	00:00:17	01:20:34	02:51:02	04:23:19	05:47:27.45	05:47:27.45	+01:57:49 (33.9%)	7:43	7.8 (66.1%)
50	MATYJA Rafał	5440	LESZNOLIMITS RUNNERS	Senior II M - 30	50	00:00:30	01:22:21	03:02:58	04:29:20	05:47:40.55	05:47:40.55	+01:58:02 (34.0%)	7:43	7.8 (66.1%)
51	MAJEWSKI Krzysztof	5666	ZDROWYWARIAT SZCZECIN	Senior II M - 30	51	00:02:33	01:29:28	02:58:57	04:28:38	05:50:24.70	05:50:24.70	+02:00:46 (34.5%)	7:47	7.7 (65.3%)
52	KUROWSKI Artur	5242	PURA VIDA TEAM	Senior II M - 30	52	00:01:48	01:28:32	03:03:27	04:32:11	05:50:30.85	05:50:30.85	+02:00:53 (34.5%)	7:47	7.7 (65.3%)
53	SCHLEGEL Michał	5012	MARATOŃCZYK POZNAŃ / POKONAJLENIA.PL	Senior II M - 30	53	00:00:27	01:20:12	02:56:05	04:29:40	05:51:08.60	05:51:08.60	+02:01:30 (34.6%)	7:48	7.7 (65.3%)
54	ODOLAK Piotr	5005	STANWEX LL	Senior II M - 30	54	00:02:02	01:29:24	03:01:53	04:30:39	05:51:52.30	05:51:52.30	+02:02:14 (34.7%)	7:49	7.7 (65.3%)
55	STORTZ Piotr	5200		Senior II M - 30	55	00:01:22	01:17:09	02:54:21	04:32:43	05:52:41.80	05:52:41.80	+02:03:04 (34.9%)	7:50	7.7 (65.3%)
56	SENFTLEBEN Marek	5111		Senior II M - 30	56	00:00:52	01:23:50	03:01:47	04:32:03	05:55:03.85	05:55:03.85	+02:05:26 (35.3%)	7:53	7.6 (64.4%)
57	DAWIDOWICZ Wojciech	5177		Senior II M - 30	57	00:01:07	01:22:23	03:00:06	04:33:37	05:55:42.25	05:55:42.25	+02:06:04 (35.4%)	7:54	7.6 (64.4%)
58	SCHWARZ Marek	5333	PRO366	Senior II M - 30	58	00:00:54	01:20:56	02:57:31	04:37:46	05:58:27.00	05:58:27.00	+02:08:49 (35.9%)	7:57	7.5 (63.6%)
59	RÓŻAŃSKI Eryk	5130	MARATOŃCZYK POZNAŃ	Senior II M - 30	59	00:00:20	01:18:21	02:55:09	04:28:22	05:59:11.00	05:59:11.00	+02:09:33 (36.1%)	7:58	7.5 (63.6%)
60	MROWCA Paweł	5181		Senior II M - 30	60	00:01:57	01:26:19	03:03:57	04:38:15	06:00:53.25	06:00:53.25	+02:11:15 (36.4%)	8:01	7.5 (63.6%)
61	SPYTKOWSKI Patryk	5651		Senior II M - 30	61	00:00:10	01:22:07	03:01:57	04:38:00	06:01:41.50	06:01:41.50	+02:12:03 (36.5%)	8:02	7.5 (63.6%)
62	BORECKI Piotr	5113	CZAJKERSI	Senior II M - 30	62	00:01:27	01:27:32	03:03:55	04:33:54	06:03:38.30	06:03:38.30	+02:14:00 (36.9%)	8:04	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
63	ŁYSIAK Bartek	5371		Senior II M - 30	63	00:00:41	01:20:14	02:53:22	04:34:07	06:04:31.40	06:04:31.40	+02:14:53 (37.0%)	8:06	7.4 (62.7%)
64	GRZELAK Jakub	5627	MARUROWE DZIKI	Senior II M - 30	64	00:00:19	01:19:02	02:56:37	04:36:03	06:04:50.35	06:04:50.35	+02:15:12 (37.1%)	8:06	7.4 (62.7%)
65	JARYSZ Piotr	5160	KRISTRANS MAŁYSZKA	Senior II M - 30	65	00:00:17	01:18:29	02:57:16	04:36:45	06:08:34.40	06:08:34.40	+02:18:56 (37.7%)	8:11	7.3 (61.9%)
66	SEMIENIUK Konrad	5617	RZEPIN CITY	Senior II M - 30	66	00:01:28	01:29:49	03:08:29	04:46:56	06:08:41.10	06:08:41.10	+02:19:03 (37.7%)	8:11	7.3 (61.9%)
67	SAMBORSKI Piotr	5474	WKURW_TEAM	Senior II M - 30	67	00:02:26	01:39:04	03:16:54	04:45:22	06:11:02.35	06:11:02.35	+02:21:24 (38.1%)	8:14	7.3 (61.9%)
68	HANS Michał	5496		Senior II M - 30	68	00:00:06	01:09:53	02:41:17	04:24:50	06:11:07.55	06:11:07.55	+02:21:29 (38.1%)	8:14	7.3 (61.9%)
69	KAROLCZAK Rafał	5020	MARATOŃCZYK POZNAŃ	Senior II M - 30	69	00:00:27	01:24:03	03:09:47	04:50:19	06:11:30.45	06:11:30.45	+02:21:52 (38.2%)	8:15	7.3 (61.9%)
70	SZELIGA Tomasz	5482		Senior II M - 30	70	00:00:59	01:30:17	03:14:29	04:46:02	06:13:26.65	06:13:26.65	+02:23:48 (38.5%)	8:17	7.2 (61.0%)
71	JARZĄBEK Michał	5142		Senior II M - 30	71	00:01:18	01:25:19	03:09:03	04:51:21	06:13:57.20	06:13:57.20	+02:24:19 (38.6%)	8:18	7.2 (61.0%)
72	SOBCZAK Marcin	5444		Senior II M - 30	72	00:00:36	01:26:38	03:11:10	04:50:54	06:14:44.15	06:14:44.15	+02:25:06 (38.7%)	8:19	7.2 (61.0%)
73	JAKRZEWSKI Hubert	5281		Senior II M - 30	73	00:00:32	01:23:08	03:04:21	04:45:33	06:15:05.65	06:15:05.65	+02:25:27 (38.8%)	8:20	7.2 (61.0%)
74	SYCHOWSKI Dawid	5068		Senior II M - 30	74	00:01:35	01:28:11	03:13:49	04:51:15	06:15:57.20	06:15:57.20	+02:26:19 (38.9%)	8:21	7.2 (61.0%)
75	OLEŚ Daniel	5466		Senior II M - 30	75	00:00:22	01:19:59	03:05:48	04:52:42	06:18:13.00	06:18:13.00	+02:28:35 (39.3%)	8:24	7.1 (60.2%)
76	KONIECZNY Cyprian	5272		Senior II M - 30	76	00:01:22	01:30:30	03:13:25	04:51:35	06:18:24.65	06:18:24.65	+02:28:46 (39.3%)	8:24	7.1 (60.2%)
77	KARMOWSKI Jakub	5014	MOCNA GRUPA CEZARA	Senior II M - 30	77	00:00:45	01:28:13	03:17:04	04:56:30	06:19:38.00	06:19:38.00	+02:30:00 (39.5%)	8:26	7.1 (60.2%)
78	PROCHNO Piotr	5682	TRAIL IS OUR WAY TEAM	Senior II M - 30	78	00:01:13	01:29:42	03:14:56	04:55:07	06:20:39.10	06:20:39.10	+02:31:01 (39.7%)	8:27	7.1 (60.2%)
79	MACIEJEWSKI Łukasz	5391		Senior II M - 30	79	00:01:49	01:28:07	03:10:03	04:49:10	06:21:19.85	06:21:19.85	+02:31:42 (39.8%)	8:28	7.1 (60.2%)
80	CICHOCKI Dawid	5120	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	80	00:00:50	01:24:00	03:07:30	04:52:12	06:21:40.40	06:21:40.40	+02:32:02 (39.8%)	8:28	7.1 (60.2%)
81	KURZYNIEC Łukasz	5197		Senior II M - 30	81	00:03:01	01:32:40	03:11:32	04:48:18	06:23:29.40	06:23:29.40	+02:33:51 (40.1%)	8:31	7 (59.3%)
82	SZUMIATO Jakub	5372	PRZEDWOJEWSKI TEAM	Senior II M - 30	82	00:01:46	01:34:46	03:20:06	05:01:00	06:23:57.70	06:23:57.70	+02:34:19 (40.2%)	8:31	7 (59.3%)
83	SALIŃSKI Bartosz	5510	AUGUSTEAM	Senior II M - 30	83	00:00:03	01:22:33	03:11:13	04:52:57	06:24:49.15	06:24:49.15	+02:35:11 (40.3%)	8:33	7 (59.3%)
84	BARTOSZAK Piotr	5408		Senior II M - 30	84	00:00:11	01:17:56	03:00:26	04:48:30	06:24:51.05	06:24:51.05	+02:35:13 (40.3%)	8:33	7 (59.3%)
85	RYBKOWSKI Hubert	5492	KTÓRĘDYNADMORSKIEOKO	Senior II M - 30	85	00:00:58	01:31:57	03:12:12	04:49:11	06:25:09.55	06:25:09.55	+02:35:31 (40.4%)	8:33	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
86	PORAJ Paweł	5464		Senior II M - 30	86	00:01:08	01:33:13	03:18:55	04:59:35	06:25:47.60	06:25:47.60	+02:36:09 (40.5%)	8:34	7 (59.3%)
87	OLIŃSKI Paweł	5117		Senior II M - 30	87	00:01:17	01:29:02	03:11:25	04:52:11	06:26:54.05	06:26:54.05	+02:37:16 (40.6%)	8:35	7 (59.3%)
88	BURMISTRZ Bartosz	5140	ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA	Senior II M - 30	88	00:01:01	01:29:34	03:17:03	04:54:27	06:27:42.50	06:27:42.50	+02:38:04 (40.8%)	8:36	7 (59.3%)
89	POŁĘĆ Leszek	5357	MOCNA GRUPA CEZARA	Senior II M - 30	89	00:01:43	01:31:30	03:12:12	04:57:36	06:32:20.40	06:32:20.40	+02:42:42 (41.5%)	8:43	6.9 (58.5%)
90	SOCHANOWSKI Krzysztof	5433		Senior II M - 30	90	00:00:26	01:26:25	03:19:13	05:10:15	06:33:04.60	06:33:04.60	+02:43:26 (41.6%)	8:44	6.9 (58.5%)
91	POMIANOWSKI Szymon	5356		Senior II M - 30	91	00:00:25	01:20:12	03:09:52	05:03:12	06:34:50.90	06:34:50.90	+02:45:13 (41.8%)	8:46	6.8 (57.6%)
92	DEBSKI Marcin	5428		Senior II M - 30	92	00:01:33	01:33:14	03:25:10	05:11:26	06:36:45.95	06:36:45.95	+02:47:08 (42.1%)	8:49	6.8 (57.6%)
93	BURA Tomasz	5276		Senior II M - 30	93	00:00:49	01:29:19	03:21:04	05:07:03	06:37:25.55	06:37:25.55	+02:47:47 (42.2%)	8:49	6.8 (57.6%)
94	CISZEK Bartosz	5202	8A TEAM	Senior II M - 30	94	00:01:43	01:37:28	03:28:04	05:12:31	06:40:36.60	06:40:36.60	+02:50:58 (42.7%)	8:54	6.7 (56.8%)
95	WAWRZYNIAK Krystian	5493	KB ODRA OPOLE	Senior II M - 30	95	00:01:47	01:45:38	03:38:10	05:17:56	06:41:20.25	06:41:20.25	+02:51:42 (42.8%)	8:55	6.7 (56.8%)
96	KOMORKIEWICZ Karol	5565	RUNEDA/FINASTRA	Senior II M - 30	96	00:00:31	01:29:30	03:18:24	05:04:02	06:42:28.70	06:42:28.70	+02:52:50 (42.9%)	8:56	6.7 (56.8%)
97	JURKIEWICZ Karol	5497	OKB ODRA OPOLE	Senior II M - 30	97	00:01:44	01:37:06	03:22:27	05:18:55	06:44:44.75	06:44:44.75	+02:55:07 (43.3%)	8:59	6.7 (56.8%)
98	DAWIDOWICZ Konrad	5222		Senior II M - 30	98	00:00:45	01:28:30	03:17:05	05:08:46	06:46:08.50	06:46:08.50	+02:56:30 (43.5%)	9:01	6.6 (55.9%)
99	DRZYMAŁA Marcin	5085		Senior II M - 30	99	00:01:52	01:38:07	03:29:47	05:14:18	06:47:28.55	06:47:28.55	+02:57:50 (43.6%)	9:03	6.6 (55.9%)
100	BOSZKO Krzysztof	5055		Senior II M - 30	100	00:01:52	01:38:09	03:30:00	05:14:19	06:47:53.70	06:47:53.70	+02:58:15 (43.7%)	9:03	6.6 (55.9%)
101	KACZOR Michał	5158	KLUCZBORSKI GRUPA BIEGOWA	Senior II M - 30	101	00:01:02	01:25:18	03:15:12	05:19:13	06:47:56.70	06:47:56.70	+02:58:18 (43.7%)	9:03	6.6 (55.9%)
102	MATAK Paweł	5154	ŁASUCH	Senior II M - 30	102	00:00:03	01:29:23	03:24:26	05:19:32	06:48:04.40	06:48:04.40	+02:58:26 (43.7%)	9:04	6.6 (55.9%)
103	ROSŁON Cezary	5187		Senior II M - 30	103	00:00:28	01:29:13	03:24:26	05:19:33	06:48:05.25	06:48:05.25	+02:58:27 (43.7%)	9:04	6.6 (55.9%)
104	LICHOCKI Marcin	5043	ŁĄCZY NAS PUSZCZA	Senior II M - 30	104	00:00:27	01:29:20	03:27:20	05:14:25	06:48:35.55	06:48:35.55	+02:58:57 (43.8%)	9:04	6.6 (55.9%)
105	MAZAN Wojciech	5309		Senior II M - 30	105	00:02:41	01:34:37	03:29:27	05:17:44	06:49:32.00	06:49:32.00	+02:59:54 (43.9%)	9:06	6.6 (55.9%)
106	KONDRACKI Jacek	5611	KUNA W AGREŚCIE	Senior II M - 30	106	00:00:38	01:31:07	03:23:11	05:16:13	06:51:25.75	06:51:25.75	+03:01:48 (44.2%)	9:08	6.6 (55.9%)
107	TOMCZYK Rafał	5262	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Senior II M - 30	107	00:00:20	01:26:54	03:21:57	05:12:56	06:52:14.65	06:52:14.65	+03:02:36 (44.3%)	9:09	6.5 (55.1%)
108	GRZELIŃSKI Michał	5249	□	Senior II M - 30	108	00:02:41	01:45:22	03:42:08	05:27:41	06:55:54.95	06:55:54.95	+03:06:17 (44.8%)	9:14	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
109	NOWAK Andrzej	5539		Senior II M - 30	109	00:01:00	01:36:36	03:29:12	05:19:28	06:57:06.80	06:57:06.80	+03:07:29 (44.9%)	9:16	6.5 (55.1%)
110	DANKOWSKI Bartosz	5029	ENDORFINY WĄSOSZ	Senior II M - 30	110	00:01:06	01:28:15	03:24:10	05:19:56	06:57:55.10	06:57:55.10	+03:08:17 (45.1%)	9:17	6.5 (55.1%)
111	BUGAJ Alan	5196		Senior II M - 30	111	00:01:04	01:33:12	03:31:42	05:29:18	06:59:55.35	06:59:55.35	+03:10:17 (45.3%)	9:19	6.4 (54.2%)
112	GADZAŁA Bartosz	5006	5R061E-7R4MPK1	Senior II M - 30	112	00:01:30	01:28:14	03:24:56	05:27:23	07:00:07.05	07:00:07.05	+03:10:29 (45.3%)	9:20	6.4 (54.2%)
113	MUSIOLIK Mariusz	5647		Senior II M - 30	113	00:01:44	01:43:41	03:40:36	05:30:39	07:01:26.20	07:01:26.20	+03:11:48 (45.5%)	9:21	6.4 (54.2%)
114	KLIMEK Radosław	5234	BRAK	Senior II M - 30	114	00:00:50	01:33:15	03:30:54	05:25:35	07:01:42.60	07:01:42.60	+03:12:04 (45.5%)	9:22	6.4 (54.2%)
115	CHUDY Kamil	5413		Senior II M - 30	115	00:01:30	01:33:59	03:30:24	05:27:06	07:06:39.65	07:06:39.65	+03:17:01 (46.2%)	9:28	6.3 (53.4%)
116	BANASZCZAK Dawid	5362		Senior II M - 30	116	00:01:31	01:31:10	03:18:02	05:40:31	07:08:01.75	07:08:01.75	+03:18:24 (46.4%)	9:30	6.3 (53.4%)
117	PIETRZAK Krzysztof	5018	BIEGAMBOLUBIĘ - GORZÓW	Senior II M - 30	117	00:02:19	01:44:57	03:42:19	05:34:26	07:08:59.55	07:08:59.55	+03:19:21 (46.5%)	9:31	6.3 (53.4%)
118	DATA Marek	5646	KUGUAR XTREME RUNNERS	Senior II M - 30	118	00:01:13	01:41:19	03:35:14	05:31:29	07:14:12.75	07:14:12.75	+03:24:35 (47.1%)	9:38	6.2 (52.5%)
119	SZALBOT Marek	5230	PORANNY BESKID RUN	Senior II M - 30	119	00:01:41	01:30:38	03:24:32	05:33:05	07:14:37.00	07:14:37.00	+03:24:59 (47.2%)	9:39	6.2 (52.5%)
120	SIEPIELSKI Damian	5080	SOLETANCHE POLSKA	Senior II M - 30	120	00:00:11	01:30:09	03:32:55	05:31:10	07:17:43.15	07:17:43.15	+03:28:05 (47.5%)	9:43	6.2 (52.5%)
121	KAMIONKA Andrzej	5635	14 ZBOT/141BLP	Senior II M - 30	121	00:01:35	01:34:47	03:38:54	05:43:09	07:18:10.55	07:18:10.55	+03:28:32 (47.6%)	9:44	6.2 (52.5%)
122	GIEŁAŻYS Tomek	5148	JAROSŁAW JAKIMOWICZ KATALIZATORY RUNNING TEAM	Senior II M - 30	122	00:02:35	01:41:06	03:40:43	05:47:53	07:19:06.40	07:19:06.40	+03:29:28 (47.7%)	9:45	6.1 (51.7%)
123	FRANKIEWICZ Łukasz	5145		Senior II M - 30	123	00:02:37	01:44:01	03:45:34	05:43:54	07:22:36.10	07:22:36.10	+03:32:58 (48.1%)	9:50	6.1 (51.7%)
124	KORBIK Mikołaj	5453		Senior II M - 30	124	00:02:17	01:41:12	03:41:41	05:42:56	07:23:15.75	07:23:15.75	+03:33:38 (48.2%)	9:51	6.1 (51.7%)
125	ZARZECZNY Radosław	5003	JUNIOR AMATOR SUPERSTAR	Senior II M - 30	125	00:01:11	01:45:54	03:50:26	05:43:53	07:25:00.30	07:25:00.30	+03:35:22 (48.4%)	9:53	6.1 (51.7%)
126	NIEMYT Michał	5201	8A TEAM	Senior II M - 30	126	00:01:42	01:40:55	03:36:13	05:58:06	07:27:35.00	07:27:35.00	+03:37:57 (48.7%)	9:56	6 (50.8%)
127	JUSKOWIAK Mikołaj	5149	WKURW_TEAM	Senior II M - 30	127	00:02:18	01:45:29	03:53:19	05:51:09	07:30:04.75	07:30:04.75	+03:40:27 (49.0%)	10:00	6 (50.8%)
128	TYMOREK Maciej	5398		Senior II M - 30	128	00:02:32	01:45:24	03:43:07	05:38:32	07:31:29.15	07:31:29.15	+03:41:51 (49.1%)	10:01	6 (50.8%)
129	OCHREMIAK Jędrzej	5125		Senior II M - 30	129	00:01:30	01:37:28	03:42:39	05:49:50	07:35:35.55	07:35:35.55	+03:45:57 (49.6%)	10:07	5.9 (50.0%)
130	GAŚIOR Paweł	5135	ROZBIEGANY SUSZ	Senior II M - 30	130	00:01:44	01:43:50	03:46:12	05:49:19	07:35:36.40	07:35:36.40	+03:45:58 (49.6%)	10:07	5.9 (50.0%)
131	SZUMNY Paweł	5053		Senior II M - 30	131	00:01:38	01:36:24	03:42:45	05:54:46	07:42:39.20	07:42:39.20	+03:53:01 (50.4%)	10:16	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
132	LECH Marcin	5039	NOA	Senior II M - 30	132	00:01:51	01:43:55	03:56:23	06:04:06	07:51:15.75	07:51:15.75	+04:01:38 (51.3%)	10:28	5.7 (48.3%)
133	CHORAŻY Łukasz	5336		Senior II M - 30	133	00:00:59	01:37:56	03:43:08	05:55:30	08:00:29.35	08:00:29.35	+04:10:51 (52.2%)	10:40	5.6 (47.5%)
134	ZACZYŃSKI Mariusz	5052		Senior II M - 30	134	00:02:37		03:50:36	06:17:23	08:09:00.50	08:09:00.50	+04:19:22 (53.0%)	10:52	5.5 (46.6%)
135	KAŁŁAUR Krzysztof	5358		Senior II M - 30	135	00:01:26	01:55:35	03:58:18	06:10:04	08:10:34.75	08:10:34.75	+04:20:57 (53.2%)	10:54	5.5 (46.6%)
136	KAMIŃSKI Marek	5418	KLUB BIEGACZA STRZELIN	Senior II M - 30	136	00:02:32	01:52:28	04:13:48	06:22:27	08:10:36.70	08:10:36.70	+04:20:58 (53.2%)	10:54	5.5 (46.6%)
137	SZYMAŃSKI Kamil	5322		Senior II M - 30	137	00:02:43	01:50:08	04:01:39	06:29:41	08:21:42.45	08:21:42.45	+04:32:04 (54.2%)	11:08	5.4 (45.8%)
138	MACULEWICZ Norbert	5596	RYCERZE HARDCORU	Senior II M - 30	138	00:01:58	01:53:44	04:18:44	06:33:21	08:25:30.90	08:25:30.90	+04:35:53 (54.6%)	11:14	5.3 (44.9%)
Przekroczony limit czasu: 09:00:00														
139	PYZIO Dominik	5481	KAPRYZ	Senior II M - 30	139	00:01:12	01:58:10	04:37:26	07:24:55	09:58:38.05	09:58:38.05	+06:09:00 (61.6%)	13:18	4.5 (38.1%)
	KROGULECKI Michał	5188		Senior II M - 30		00:00:05 DNF	01:50:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 140 wynik(ów)