



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Lądek-Zdrój
21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	GLAPIAK Damian	7937		Masters M - 40	1	00:53:09	01:34:28.35		4:29	13.3 (100%)
2	WOLAŃSKI Jan	7870		Masters M - 40	2	01:01:07	01:45:23.00	+00:10:54 (10.4%)	5:01	12 (90.2%)
3	TOMASIAK Dominik	7700	AKUJO NO FUKA-NASAKE	Masters M - 40	3	00:58:20	01:45:53.35	+00:11:25 (10.8%)	5:02	11.9 (89.5%)
4	PIHIL Piotr	7219		Masters M - 40	4	00:59:21	01:46:15.60	+00:11:47 (11.1%)	5:03	11.9 (89.5%)
5	MICHAŁ Targosz	7833	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	01:02:14	01:49:58.25	+00:15:29 (14.1%)	5:14	11.5 (86.5%)
6	GŁÓD Mateusz	7827		Masters M - 40	6	01:01:53	01:50:36.00	+00:16:07 (14.6%)	5:16	11.4 (85.7%)
7	SUDOLSKI Emil	7322	GUSTAW TEŻ BIEGA	Masters M - 40	7	01:04:06	01:52:39.75	+00:18:11 (16.1%)	5:21	11.2 (84.2%)
8	KOWALIK Andrzej	7928	SALMING RUNNING POLSKA	Masters M - 40	8	01:04:07	01:53:57.10	+00:19:28 (17.1%)	5:25	11.1 (83.5%)
9	KURZYŃSKI Piotr	7661	TEAM BEROTU	Masters M - 40	9	01:06:14	01:58:17.50	+00:23:49 (20.1%)	5:37	10.7 (80.5%)
10	KOTLAREK Dawid	7108	VEGE RUNNERS / #SOBASTEAM	Masters M - 40	10	01:07:46	01:58:31.55	+00:24:03 (20.3%)	5:38	10.6 (79.7%)
11	ZIOBROWSKI Łukasz	7211	SZTUKA RUCHU	Masters M - 40	11	01:08:02	01:59:08.60	+00:24:40 (20.7%)	5:40	10.6 (79.7%)
12	BAGIŃSKI Łukasz	7581		Masters M - 40	12	01:08:19	02:00:37.25	+00:26:08 (21.7%)	5:44	10.4 (78.2%)
13	ZAPORA Marek	7537	W POGONI ZA DUCHEM	Masters M - 40	13	01:07:49	02:00:40.55	+00:26:12 (21.7%)	5:44	10.4 (78.2%)
14	KOBUSZEWSKI Artur	7521	SBRT WARSZAWA	Masters M - 40	14	01:09:51	02:02:17.80	+00:27:49 (22.8%)	5:49	10.3 (77.4%)
15	KURASIK Tomasz Kurasik	7145		Masters M - 40	15	01:09:26	02:03:20.15	+00:28:51 (23.4%)	5:52	10.2 (76.7%)
16	LUTY Mariusz	7050	RUUKKI	Masters M - 40	16	01:11:56	02:06:31.30	+00:32:02 (25.3%)	6:01	10 (75.2%)
17	KOWAL Tomasz	7607	FIZJOBIEGACZE SZCZECIN	Masters M - 40	17	01:11:41	02:07:51.65	+00:33:23 (26.1%)	6:05	9.9 (74.4%)
18	JUMA Maciej	7939	KB LUPUS OLEŚNICA	Masters M - 40	18	01:13:34	02:08:27.40	+00:33:59 (26.5%)	6:07	9.8 (73.7%)
19	HUCAŁ Tomasz	7475		Masters M - 40	19	01:13:29	02:08:30.60	+00:34:02 (26.5%)	6:07	9.8 (73.7%)
20	ZĄBEK Łukasz	7040	140MINUT.PL	Masters M - 40	20	01:13:27	02:11:05.90	+00:36:37 (27.9%)	6:14	9.6 (72.2%)
21	JEZUSEK Piotr	7460		Masters M - 40	21	01:14:11	02:11:09.65	+00:36:41 (28.0%)	6:14	9.6 (72.2%)
22	ADAMSKI Krzysztof	7128		Masters M - 40	22	01:10:47	02:11:41.25	+00:37:12 (28.3%)	6:16	9.6 (72.2%)
23	GACHOWSKI Łukasz	7434		Masters M - 40	23	01:18:23	02:13:06.20	+00:38:37 (29.0%)	6:20	9.5 (71.4%)
24	KAWCZEPSKI Piotr	7922	GUSTAW TEŻ BIEGA	Masters M - 40	24	01:17:51	02:15:30.10	+00:41:01 (30.3%)	6:27	9.3 (69.9%)
25	GROLEWSKI Karol	7476	ISKRA TEAM	Masters M - 40	25	01:16:27	02:18:03.50	+00:43:35 (31.6%)	6:34	9.1 (68.4%)
26	KOŁODZIEJ Roman	7694		Masters M - 40	26	01:15:08	02:19:16.85	+00:44:48 (32.2%)	6:37	9 (67.7%)
27	BOHAREWICZ Paweł	7096	BOHAR PALETY RUN&TRAVEL ZIELONA GÓRA	Masters M - 40	27	01:21:12	02:20:46.75	+00:46:18 (32.9%)	6:42	9 (67.7%)
28	NIŻEWSKI Paweł	7909	KRAKOWIAK ULTRA TEAM	Masters M - 40	28	01:20:22	02:20:59.90	+00:46:31 (33.0%)	6:42	8.9 (66.9%)
29	ŁABĘDŹ Mariusz	7756		Masters M - 40	29	01:16:22	02:21:22.45	+00:46:54 (33.2%)	6:43	8.9 (66.9%)

							Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	21km	Różn	min/km	km/h
30	JASIŃSKI Paweł	7281	APTENEO RUNNING TEAM	Masters M - 40	30	01:20:45	02:21:26.80	+00:46:58 (33.2%)	6:44	8.9 (66.9%)
31	LIPCZAK Amadeusz	7651	BIEG OPOLSKI	Masters M - 40	31	01:19:28	02:21:46.80	+00:47:18 (33.4%)	6:45	8.9 (66.9%)
32	SOŁTYSIAK Karol	7734		Masters M - 40	32	01:22:59	02:22:06.00	+00:47:37 (33.5%)	6:46	8.9 (66.9%)
33	BACHURSKI Tomasz	7785		Masters M - 40	33	01:21:24	02:24:23.25	+00:49:54 (34.6%)	6:52	8.7 (65.4%)
34	LEWANDOWSKI Waldemar	7707	LEWANDOWSCY TEAM	Masters M - 40	34	01:18:43	02:25:04.65	+00:50:36 (34.9%)	6:54	8.7 (65.4%)
35	STANULA Krzysztof	7836	DOLNY ŚLĄSK	Masters M - 40	35	01:22:39	02:25:14.30	+00:50:45 (35.0%)	6:54	8.7 (65.4%)
36	PALACZ Marcin	7807		Masters M - 40	36	01:20:07	02:25:23.05	+00:50:54 (35.0%)	6:55	8.7 (65.4%)
37	MUSIALSKI Tomasz	7871	TKM KANCELARIA	Masters M - 40	37	01:19:08	02:27:00.00	+00:52:31 (35.7%)	7:00	8.6 (64.7%)
38	LEWIŃSKI Filip	7302	OBORYGENI	Masters M - 40	38	01:21:58	02:27:21.05	+00:52:52 (35.9%)	7:01	8.6 (64.7%)
39	KOTOWICZ Tomasz	7111		Masters M - 40	39	01:23:20	02:28:30.15	+00:54:01 (36.4%)	7:04	8.5 (63.9%)
40	FRAŃSKI Łukasz	7330	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	40	01:23:00	02:28:58.95	+00:54:30 (36.6%)	7:05	8.5 (63.9%)
41	SZCZESZEK Arkadiusz	7184		Masters M - 40	41	01:26:54	02:29:17.65	+00:54:49 (36.7%)	7:06	8.4 (63.2%)
42	KOZYRA Dariusz	7544	ADRIAN DANILEWICZ GROUP	Masters M - 40	42	01:27:57	02:29:49.50	+00:55:21 (36.9%)	7:08	8.4 (63.2%)
43	RATAJCZAK Tomasz	7821	PALETEAM	Masters M - 40	43	01:23:40	02:29:51.60	+00:55:23 (37.0%)	7:08	8.4 (63.2%)
44	ZASŁONKA Hubert	7543		Masters M - 40	44	01:23:38	02:30:27.55	+00:55:59 (37.2%)	7:09	8.4 (63.2%)
45	KACZYŃSKI Tomasz	7067		Masters M - 40	45	01:21:41	02:30:40.90	+00:56:12 (37.3%)	7:10	8.4 (63.2%)
46	WASILEWSKI Michał	7691		Masters M - 40	46	01:22:22	02:30:45.45	+00:56:17 (37.3%)	7:10	8.4 (63.2%)
47	CYBULSKI Piotr	7669		Masters M - 40	47	01:24:51	02:31:31.70	+00:57:03 (37.7%)	7:12	8.3 (62.4%)
48	ANDRYSZCZUK Daniel	7206		Masters M - 40	48	01:25:43	02:31:34.95	+00:57:06 (37.7%)	7:13	8.3 (62.4%)
49	JAMROSZCZYK Przemysław	7201	TEAM PLESZEW	Masters M - 40	49	01:26:19	02:31:51.15	+00:57:22 (37.8%)	7:13	8.3 (62.4%)
50	NOWICKI Bartosz	7224		Masters M - 40	50	01:26:17	02:31:52.25	+00:57:23 (37.8%)	7:13	8.3 (62.4%)
51	MARCINIAK Wojciech	7578		Masters M - 40	51	01:24:38	02:32:05.65	+00:57:37 (37.9%)	7:14	8.3 (62.4%)
52	GUSAK Vladislav	7816	MATNER RUNNING TEAM	Masters M - 40	52	01:24:02	02:32:35.70	+00:58:07 (38.1%)	7:15	8.3 (62.4%)
53	MOKRZYŃSKI Marcin	7214	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	Masters M - 40	53	01:21:01	02:33:11.85	+00:58:43 (38.3%)	7:17	8.2 (61.7%)
54	BEREZIUK Michał	7625		Masters M - 40	54	01:28:58	02:33:15.65	+00:58:47 (38.4%)	7:17	8.2 (61.7%)
55	NOWAK Ireneusz	7053		Masters M - 40	55	01:26:09	02:33:17.30	+00:58:48 (38.4%)	7:17	8.2 (61.7%)
56	PIÓRKOWSKI Jarosław	7848	KOŁO BIEGA	Masters M - 40	56	01:27:10	02:33:40.35	+00:59:12 (38.5%)	7:19	8.2 (61.7%)
57	KOWALSKI Artur	7805		Masters M - 40	57	01:27:02	02:33:53.85	+00:59:25 (38.6%)	7:19	8.2 (61.7%)
58	ŁESKE Jan	7137	ZA LINIĄ METY TEAM	Masters M - 40	58	01:29:35	02:34:26.15	+00:59:57 (38.8%)	7:21	8.2 (61.7%)
59	SZAFER Andrzej	7381		Masters M - 40	59	01:28:38	02:34:29.10	+01:00:00 (38.8%)	7:21	8.2 (61.7%)
60	PRZECHRZTA Michał	7451		Masters M - 40	60	01:26:42	02:35:09.90	+01:00:41 (39.1%)	7:23	8.1 (60.9%)
61	BOBROWSKI Michał	7541		Masters M - 40	61	01:26:00	02:35:13.30	+01:00:44 (39.1%)	7:23	8.1 (60.9%)
62	ZERBST Jacek	7448	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	62	01:27:49	02:35:35.40	+01:01:07 (39.3%)	7:24	8.1 (60.9%)
63	SPYCHAŁA Jacek	7029	ROKIETNICA BIEGA	Masters M - 40	63	01:30:05	02:35:36.95	+01:01:08 (39.3%)	7:24	8.1 (60.9%)
64	MAJKA Jarek	7754	SYNANDOJCIEC	Masters M - 40	64	01:26:23	02:35:41.70	+01:01:13 (39.3%)	7:24	8.1 (60.9%)
65	SZPINEK Marcin	7809	TUTU TEAM	Masters M - 40	65	01:26:37	02:35:42.50	+01:01:14 (39.3%)	7:24	8.1 (60.9%)
66	MATUSZEWSKI Mariusz	7076		Masters M - 40	66	01:22:34	02:36:04.40	+01:01:36 (39.5%)	7:25	8.1 (60.9%)
67	DOMAŃ Leszek	7062	FEHLAU RUN TEAM	Masters M - 40	67	01:28:55	02:36:26.65	+01:01:58 (39.6%)	7:26	8.1 (60.9%)
68	KOCISZEWSKI Łukasz	7313		Masters M - 40	68	01:29:27	02:36:33.80	+01:02:05 (39.7%)	7:27	8 (60.2%)
69	ŁĄŻEWSKI Marcin	7038		Masters M - 40	69	01:29:34	02:36:44.50	+01:02:16 (39.7%)	7:27	8 (60.2%)
70	ZEMBATY Marek	7442		Masters M - 40	70	01:29:05	02:37:57.30	+01:03:28 (40.2%)	7:31	8 (60.2%)
71	BAL Tomasz	7199		Masters M - 40	71	01:26:51	02:37:59.10	+01:03:30 (40.2%)	7:31	8 (60.2%)
72	KORZEC Michał	7842	MILHAUSE	Masters M - 40	72	01:30:07	02:38:16.90	+01:03:48 (40.3%)	7:32	8 (60.2%)
73	ZIAJA Wojciech	7248		Masters M - 40	73	01:26:48	02:38:17.30	+01:03:48 (40.3%)	7:32	8 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
74	SZALENIEC Marcin	7408	RUNNERS TEAM NYSA	Masters M - 40	74	01:32:47	02:38:27.25	+01:03:58 (40.4%)	7:32	8 (60.2%)
75	GRZEŚKOWIAK Rafał	7717		Masters M - 40	75	01:28:07	02:38:32.05	+01:04:03 (40.4%)	7:32	7.9 (59.4%)
76	WIŚNIEWSKI Piotr	7187	GVT	Masters M - 40	76	01:33:52	02:39:30.95	+01:05:02 (40.8%)	7:35	7.9 (59.4%)
77	OWCZARCZYK Paweł	7344		Masters M - 40	77	01:30:10	02:39:35.70	+01:05:07 (40.8%)	7:35	7.9 (59.4%)
78	WENTYKIER Piotr	7091	POMYŁKA TEAM	Masters M - 40	78	01:30:34	02:39:48.55	+01:05:20 (40.9%)	7:36	7.9 (59.4%)
79	POPIEL Jan	7659		Masters M - 40	79	01:27:56	02:39:57.50	+01:05:29 (40.9%)	7:37	7.9 (59.4%)
80	PŁÓCIENNICZAK Jakub	7853	DREAM RUN	Masters M - 40	80	01:24:25	02:40:07.50	+01:05:39 (41.0%)	7:37	7.9 (59.4%)
81	SOJKA Przemek	7032	ORANGE POLSKA	Masters M - 40	81	01:28:54	02:41:03.85	+01:06:35 (41.3%)	7:40	7.8 (58.6%)
82	WILK Piotr	7343	MSPORT TEAM	Masters M - 40	82	01:28:33	02:42:30.10	+01:08:01 (41.9%)	7:44	7.8 (58.6%)
83	BLICHARSKI Ireneusz	7509	25 BKPOW	Masters M - 40	83	01:31:46	02:42:55.35	+01:08:27 (42.0%)	7:45	7.7 (57.9%)
84	KOPYŚCIAŃSKI Aleksander	7124	FITNESS PIEKARY	Masters M - 40	84	01:32:46	02:43:29.00	+01:09:00 (42.2%)	7:47	7.7 (57.9%)
85	SIWEK Grzegorz	7241	LANRUNS	Masters M - 40	85	01:31:17	02:43:47.90	+01:09:19 (42.3%)	7:47	7.7 (57.9%)
86	KRZYŻYK Adam	7838		Masters M - 40	86	01:33:59	02:43:57.50	+01:09:29 (42.4%)	7:48	7.7 (57.9%)
87	NOWAK Łukasz	7656		Masters M - 40	87	01:22:31	02:44:01.00	+01:09:32 (42.4%)	7:48	7.7 (57.9%)
88	RABIEGA Marcin	7110	ROKIETNICA BIEGA	Masters M - 40	88	01:34:26	02:44:03.40	+01:09:35 (42.4%)	7:48	7.7 (57.9%)
89	SAPIA Darek	7742	TRYTON BIKE TEAM	Masters M - 40	89	01:31:52	02:44:10.20	+01:09:41 (42.5%)	7:49	7.7 (57.9%)
90	CHOCIAJ Daniel	7414	ENDORFINY WĄSOSZ	Masters M - 40	90	01:35:14	02:44:24.90	+01:09:56 (42.5%)	7:49	7.7 (57.9%)
91	ZYDORCZAK Mateusz	7540		Masters M - 40	91	01:26:54	02:44:25.35	+01:09:57 (42.5%)	7:49	7.7 (57.9%)
92	ROGOŹNICKI Paweł	7120	#ZALINIAMETYTEAM	Masters M - 40	92	01:30:27	02:44:57.10	+01:10:28 (42.7%)	7:51	7.6 (57.1%)
93	LABOCHA Aleksander	7869		Masters M - 40	93	01:36:51	02:44:58.30	+01:10:29 (42.7%)	7:51	7.6 (57.1%)
94	BARTKIEWICZ Ireneusz	7293		Masters M - 40	94	01:27:49	02:45:01.75	+01:10:33 (42.8%)	7:51	7.6 (57.1%)
95	BARTEK Łukasz	7931	OTK RZEŹNIK	Masters M - 40	95	01:32:14	02:45:25.95	+01:10:57 (42.9%)	7:52	7.6 (57.1%)
96	DREKO Krzysztof	7802	PROGRES	Masters M - 40	96	01:29:45	02:45:45.70	+01:11:17 (43.0%)	7:53	7.6 (57.1%)
97	BILIŃSKI Rafał	7584		Masters M - 40	97	01:30:43	02:45:58.75	+01:11:30 (43.1%)	7:54	7.6 (57.1%)
98	MARYSZCZAK Maciej	7548	ADIDAS RUNNERS WARSAW	Masters M - 40	98	01:34:38	02:46:14.75	+01:11:46 (43.2%)	7:54	7.6 (57.1%)
99	LEWALSKI Krzysztof	7585		Masters M - 40	99	01:32:21	02:46:44.50	+01:12:16 (43.3%)	7:56	7.6 (57.1%)
100	ZAJĄCZKOWSKI Damian	7643		Masters M - 40	100	01:36:56	02:47:33.90	+01:13:05 (43.6%)	7:58	7.5 (56.4%)
101	ADAMCZYK Grzegorz	7452	OŁAWSKA GRUPA BIEGOWA	Masters M - 40	101	01:31:55	02:47:49.35	+01:13:21 (43.7%)	7:59	7.5 (56.4%)
102	NIERADKO Arkadiusz	7482		Masters M - 40	102	01:31:30	02:48:09.35	+01:13:41 (43.8%)	8:00	7.5 (56.4%)
103	PODULKA Grzegorz	7795		Masters M - 40	103	01:33:34	02:48:15.15	+01:13:46 (43.9%)	8:00	7.5 (56.4%)
104	MANNA Przemysław	7531	RAZ SZCZECIN	Masters M - 40	104	01:36:45	02:48:34.10	+01:14:05 (44.0%)	8:01	7.5 (56.4%)
105	REWIŃSKI Sławek	7428		Masters M - 40	105	01:31:01	02:48:57.80	+01:14:29 (44.1%)	8:02	7.5 (56.4%)
106	GRUSZCZYŃSKI Paweł	7253	GRUCHY DAJĄ CZADU !!!	Masters M - 40	106	01:41:13	02:49:24.75	+01:14:56 (44.2%)	8:04	7.4 (55.6%)
107	MENDYKA Marcin	7856	12TRI	Masters M - 40	107	01:33:48	02:49:26.15	+01:14:57 (44.2%)	8:04	7.4 (55.6%)
108	ZASADA Michał	7843	PRO-RUN WROCŁAW	Masters M - 40	108	01:37:45	02:49:38.00	+01:15:09 (44.3%)	8:04	7.4 (55.6%)
109	PONIATOWSKI Krzysztof	7903		Masters M - 40	109	01:35:50	02:49:43.00	+01:15:14 (44.3%)	8:04	7.4 (55.6%)
110	ŁĘKAWA Sebastian	7510	140MINUT.PL	Masters M - 40	110	01:33:32	02:49:48.00	+01:15:19 (44.4%)	8:05	7.4 (55.6%)
111	DERBICH Mariusz	7867	KOWALEW RUNERS	Masters M - 40	111	01:35:00	02:51:07.20	+01:16:38 (44.8%)	8:08	7.4 (55.6%)
112	PĘKAŁA Dawid	7193	ŻARY RUNNERS TEAM	Masters M - 40	112	01:36:57	02:51:09.20	+01:16:40 (44.8%)	8:09	7.4 (55.6%)
113	BOMBA Tomasz	7683		Masters M - 40	113	01:34:56	02:51:20.50	+01:16:52 (44.9%)	8:09	7.4 (55.6%)
114	KOŚCIELNIAK Szymon	7762	CZERWONACKIE KIJANKI / ZAŁOGA GÓRSKA	Masters M - 40	114	01:34:04	02:52:22.30	+01:17:53 (45.2%)	8:12	7.3 (54.9%)
115	SIBIELAK Tomasz	7416	BIEGOWA KUŹNIA	Masters M - 40	115	01:33:49	02:52:24.60	+01:17:56 (45.2%)	8:12	7.3 (54.9%)
116	BOSY Hubert	7926		Masters M - 40	116	01:32:49	02:52:25.00	+01:17:56 (45.2%)	8:12	7.3 (54.9%)
117	STASIAK Łukasz	7701	LEŚNE DZIKI PRZYJACIELSKA GRUPA BIEGOWA	Masters M - 40	117	01:33:18	02:52:25.65	+01:17:57 (45.2%)	8:12	7.3 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
118	MARCINKOWSKI Przemysław	7563		Masters M - 40	118	01:35:17	02:52:52.35	+01:18:24 (45.4%)	8:13	7.3 (54.9%)
119	KAPELSKI Michał	7771		Masters M - 40	119	01:36:18	02:53:50.60	+01:19:22 (45.7%)	8:16	7.2 (54.1%)
120	KRYSIAK Dawid	7316	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	120	01:36:57	02:53:52.50	+01:19:24 (45.7%)	8:16	7.2 (54.1%)
121	JASKÓŁKA Rafał	7267	VENUS-BRUK	Masters M - 40	121	01:38:45	02:54:52.40	+01:20:24 (46.0%)	8:19	7.2 (54.1%)
122	BANASZYK Norbert	7425		Masters M - 40	122	01:34:39	02:55:18.95	+01:20:50 (46.1%)	8:20	7.2 (54.1%)
123	KOMADA Wojciech	7640	PASTERKA PANY	Masters M - 40	123	01:38:01	02:55:20.70	+01:20:52 (46.1%)	8:20	7.2 (54.1%)
124	SUDÓŁ Robert	7262	RUN4FUN	Masters M - 40	124	01:33:02	02:55:21.75	+01:20:53 (46.1%)	8:21	7.2 (54.1%)
125	STROJNY Łukasz	7693		Masters M - 40	125	01:41:45	02:55:25.20	+01:20:56 (46.1%)	8:21	7.2 (54.1%)
126	WOJCIECHOWSKI Tomasz	7644		Masters M - 40	126	01:34:34	02:55:29.10	+01:21:00 (46.2%)	8:21	7.2 (54.1%)
127	NAJDEREK Robert	7099	-	Masters M - 40	127	01:37:14	02:56:28.65	+01:22:00 (46.5%)	8:24	7.1 (53.4%)
128	SIEMION Artur	7888		Masters M - 40	128	01:38:08	02:56:42.55	+01:22:14 (46.5%)	8:24	7.1 (53.4%)
129	MICHALAK Tomasz	7042		Masters M - 40	129	01:36:16	02:57:07.45	+01:22:39 (46.7%)	8:26	7.1 (53.4%)
130	PŁAŻYŃSKI Bartosz	7797	W POGONI ZA DUCHEM	Masters M - 40	130	01:38:26	02:57:29.65	+01:23:01 (46.8%)	8:27	7.1 (53.4%)
131	JÓZEF Marek	7014		Masters M - 40	131	01:38:42	02:57:37.95	+01:23:09 (46.8%)	8:27	7.1 (53.4%)
132	PERWENIS Krzysztof	7246		Masters M - 40	132	01:40:55	02:57:49.30	+01:23:20 (46.9%)	8:28	7.1 (53.4%)
133	SZCZAWIŃSKI Grzegorz	7554	SBRT WARSZAWA	Masters M - 40	133	01:39:33	02:57:57.10	+01:23:28 (46.9%)	8:28	7.1 (53.4%)
134	GRABOWSKI Adam	7121		Masters M - 40	134	01:42:22	02:58:32.40	+01:24:04 (47.1%)	8:30	7.1 (53.4%)
135	BAJER Karol	7231		Masters M - 40	135	01:37:04	02:58:52.80	+01:24:24 (47.2%)	8:31	7 (52.6%)
136	KOZAK Bartosz	7591	KOZAKI	Masters M - 40	136	01:34:29	02:59:59.25	+01:25:30 (47.5%)	8:34	7 (52.6%)
137	ROGÓŻ Rafał	7570		Masters M - 40	137	01:30:15	03:00:03.25	+01:25:34 (47.5%)	8:34	7 (52.6%)
138	HALA Krzysztof	7902		Masters M - 40	138	01:45:13	03:01:10.75	+01:26:42 (47.9%)	8:37	7 (52.6%)
139	FIĄCEK Adam	7312	HARTUJĘ CHARTA	Masters M - 40	139	01:38:18	03:03:55.10	+01:29:26 (48.6%)	8:45	6.9 (51.9%)
140	KASZUBA Paweł	7609		Masters M - 40	140	01:42:30	03:04:20.65	+01:29:52 (48.8%)	8:46	6.8 (51.1%)
141	KNOBLOCH Tomasz	7346	THE PINDOLS	Masters M - 40	141	01:42:38	03:04:22.75	+01:29:54 (48.8%)	8:46	6.8 (51.1%)
142	WALCZAK Tomasz	7788	PCH_RUN	Masters M - 40	142	01:38:10	03:04:53.20	+01:30:24 (48.9%)	8:48	6.8 (51.1%)
143	WALCZAK Michał	7238		Masters M - 40	143	01:43:56	03:04:53.50	+01:30:25 (48.9%)	8:48	6.8 (51.1%)
144	SIWIASZCZYK Tomasz	7202		Masters M - 40	144	01:39:47	03:05:57.65	+01:31:29 (49.2%)	8:51	6.8 (51.1%)
145	BOROWICZ Marcin	7911		Masters M - 40	145	01:46:35	03:05:57.80	+01:31:29 (49.2%)	8:51	6.8 (51.1%)
146	TOPIŁKO Wojciech	7426	SPEEDO POLSKA	Masters M - 40	146	01:43:41	03:06:14.35	+01:31:46 (49.3%)	8:52	6.8 (51.1%)
147	OCHLIŃSKI Tomasz	7363		Masters M - 40	147	01:44:24	03:06:56.80	+01:32:28 (49.5%)	8:54	6.7 (50.4%)
148	MARTYNIAK Rafał	7342		Masters M - 40	148	01:41:50	03:07:12.90	+01:32:44 (49.5%)	8:54	6.7 (50.4%)
149	KASPRZYK Rafał	7508	SPORTOWY KAŻMIERZ	Masters M - 40	149	01:45:48	03:08:05.70	+01:33:37 (49.8%)	8:57	6.7 (50.4%)
150	MATELSKI Karol	7171	ROKIETNICA BIEGA	Masters M - 40	150	01:40:44	03:09:11.15	+01:34:42 (50.1%)	9:00	6.7 (50.4%)
151	RYBICKI Przemysław	7525	SKLEP BIEGACZA	Masters M - 40	151	01:37:37	03:09:23.65	+01:34:55 (50.1%)	9:01	6.7 (50.4%)
152	MIKUTANIEC Sebastian	7300		Masters M - 40	152	01:43:13	03:10:06.15	+01:35:37 (50.3%)	9:03	6.6 (49.6%)
153	PLEWA Remigiusz	7464		Masters M - 40	153	01:42:07	03:11:42.65	+01:37:14 (50.7%)	9:07	6.6 (49.6%)
154	KUGLARZ Tomasz	7072	BIEGACZE ZJADACZE KM	Masters M - 40	154	01:40:26	03:11:47.50	+01:37:19 (50.7%)	9:07	6.6 (49.6%)
155	PRZYBYŁ Tomasz	7759	NIGHT RUNNERS	Masters M - 40	155	01:42:29	03:12:16.10	+01:37:47 (50.9%)	9:09	6.6 (49.6%)
156	NIZIOŁEK Aleksander	7604		Masters M - 40	156	01:38:12	03:12:27.50	+01:37:59 (50.9%)	9:09	6.5 (48.9%)
157	WOJCIECHOWSKI Paweł	7602		Masters M - 40	157	01:40:12	03:12:50.65	+01:38:22 (51.0%)	9:10	6.5 (48.9%)
158	SZWEJK Krzysztof	7752		Masters M - 40	158	01:48:21	03:14:37.30	+01:40:08 (51.5%)	9:16	6.5 (48.9%)
159	NITSCHKE Karol	7738	TKKF MPK POZNAŃ	Masters M - 40	159	01:47:57	03:16:17.55	+01:41:49 (51.9%)	9:20	6.4 (48.1%)
160	MICHALSKI Tomasz	7310	WKURW_TEAM	Masters M - 40	160	01:44:48	03:18:24.85	+01:43:56 (52.4%)	9:26	6.4 (48.1%)
161	TUCHARZ Sebastian	7556	SBRT WARSZAWA	Masters M - 40	161	01:50:28	03:20:09.20	+01:45:40 (52.8%)	9:31	6.3 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
162	PLASZCZAK Jarosław	7370		Masters M - 40	162	01:49:01	03:21:11.00	+01:46:42 (53.0%)	9:34	6.3 (47.4%)
163	NIEWITECKI Krzysztof	7172		Masters M - 40	163	01:52:09	03:22:00.55	+01:47:32 (53.2%)	9:37	6.2 (46.6%)
164	BARTKIEWICZ Lech	7777		Masters M - 40	164	01:39:19	03:22:39.95	+01:48:11 (53.4%)	9:39	6.2 (46.6%)
165	KOJDECKI Radosław	7107		Masters M - 40	165	01:48:18	03:24:18.75	+01:49:50 (53.8%)	9:43	6.2 (46.6%)
166	ŁUCZAK Maciej	7680	BANDA RYCHA	Masters M - 40	166	01:58:40	03:30:38.40	+01:56:10 (55.1%)	10:01	6 (45.1%)
167	WALKOWIAK Marek	7338	PECNA TEAM	Masters M - 40	167	01:53:53	03:34:55.05	+02:00:26 (56.0%)	10:14	5.9 (44.4%)
168	KANIEWSKI Michał	7814	ORANGE POLSKA	Masters M - 40	168	01:53:16	03:35:21.75	+02:00:53 (56.1%)	10:15	5.9 (44.4%)
169	GARBACIAK Marcin	7018	KRISPOL ACTIVE TEAM	Masters M - 40	169	01:59:04	03:40:31.70	+02:06:03 (57.2%)	10:30	5.7 (42.9%)
170	SUCHOCKI Tomasz	7829		Masters M - 40	170	01:51:32	03:54:42.40	+02:20:14 (59.7%)	11:10	5.4 (40.6%)
171	SZYMAŃSKI Paweł	7259		Masters M - 40	171	02:06:17	03:56:26.80	+02:21:58 (60.0%)	11:15	5.3 (39.8%)
172	ŚWISTUŃ Grzegorz	7180	WKURW_TEAM	Masters M - 40	172	02:05:14	03:58:26.10	+02:23:57 (60.4%)	11:21	5.3 (39.8%)
173	WAWRZEŁA Arkadiusz	7630		Masters M - 40	173	01:59:49	03:58:34.95	+02:24:06 (60.4%)	11:21	5.3 (39.8%)
174	PERKOWSKI Tomasz	7920		Masters M - 40	174	02:18:27	04:04:02.75	+02:29:34 (61.3%)	11:37	5.2 (39.1%)
175	JEZIOREK Jozi	7671		Masters M - 40	175	02:25:19	04:32:06.40	+02:57:38 (65.3%)	12:57	4.6 (34.6%)
	WESOŁOWSKI Tomasz	7637		Masters M - 40		02:18:10 DNF	DNF		-	- (0.0%)
	CICHY Roman	7377	MUAY RUNNING TEAM	Masters M - 40		DNF	DNF		-	- (0.0%)

Znaleziono 177 wynik(ów)