



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters M - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GLAPIAK Damian	7679	FUNDACJA BIEGANIE NA ŚNIEDANIE	Masters M - 40	1	00:00:00	00:00:03	00:50:09	01:29:27.80	01:29:27.80		4:15	14.1 (100%)
2	PIHIL Piotr	25		Masters M - 40	2	00:00:00	00:00:04	00:56:09	01:39:24.30	01:39:24.30	+00:09:56 (10.0%)	4:44	12.7 (90.1%)
3	KOTLAREK Dawid	7087	SOBAS TEAM / VEGE RUNNERS	Masters M - 40	3	00:00:00	00:00:06	00:59:21	01:44:19.95	01:44:19.95	+00:14:52 (14.3%)	4:58	12.1 (85.8%)
4	POŁUBOK Kajetan	7900	KS KANDAHAR	Masters M - 40	4	00:00:00	00:00:03	00:58:14	01:44:48.25	01:44:48.25	+00:15:20 (14.6%)	4:59	12 (85.1%)
5	TARGOSZ Michał	7690	#ADAMCZERWIŃSKITEAM	Masters M - 40	5	00:00:00	00:00:02	01:00:03	01:47:53.25	01:47:53.25	+00:18:25 (17.1%)	5:08	11.7 (83.0%)
6	SUDOLSKI Emil	7304	GUSTAW TEŻ BIEGA	Masters M - 40	6	00:00:00	00:00:04	01:01:23	01:50:51.70	01:50:51.70	+00:21:23 (19.3%)	5:16	11.4 (80.9%)
7	KURAŚ Szymon	7018	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	7	00:00:00	00:00:11	01:02:14	01:51:44.20	01:51:44.20	+00:22:16 (19.9%)	5:19	11.3 (80.1%)
8	OWCZAREK Szymon	7457		Masters M - 40	8	00:00:00	00:00:15	01:01:21	01:52:11.90	01:52:11.90	+00:22:44 (20.3%)	5:20	11.2 (79.4%)
9	KOWALIK Andrzej	7793	ADRUNALINE	Masters M - 40	9	00:00:00	00:00:04	01:03:26	01:52:42.90	01:52:42.90	+00:23:15 (20.6%)	5:22	11.2 (79.4%)
10	PODWÓJCI Michał	7416	GÓRAL Z MAZUR RUNNING TEAM	Masters M - 40	10	00:00:00	00:00:05	01:02:30	01:53:09.55	01:53:09.55	+00:23:41 (20.9%)	5:23	11.1 (78.7%)
11	FUKS Jarosław	7894		Masters M - 40	11	00:00:00	00:00:03	01:04:51	01:54:36.45	01:54:36.45	+00:25:08 (21.9%)	5:27	11 (78.0%)
12	MARZEC Tomasz	7198	RUNNERS TEAM NYSA	Masters M - 40	12	00:00:00	00:00:11	01:04:49	01:55:00.00	01:55:00.00	+00:25:32 (22.2%)	5:28	11 (78.0%)
13	ZAPORA Marek	7066	W POGONI ZA DUCHEM	Masters M - 40	13	00:00:00	00:00:18	01:03:58	01:55:14.95	01:55:14.95	+00:25:47 (22.4%)	5:29	10.9 (77.3%)
14	KOŁODZIEJ Roman	7546	PERFEKTA KARŁOWICE	Masters M - 40	14	00:00:00	00:00:02	01:05:44	01:55:34.15	01:55:34.15	+00:26:06 (22.6%)	5:30	10.9 (77.3%)
15	KAMIŃSKI Artur	7556		Masters M - 40	15	00:00:00	00:00:04	01:04:51	01:55:38.95	01:55:38.95	+00:26:11 (22.6%)	5:30	10.9 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	SZAFRAŃSKI Jan	19	KOMPANIA PIWOWARSKA SA	Masters M - 40	16	00:00:00	00:00:23	01:07:12	01:56:56.70	01:56:56.70	+00:27:28 (23.5%)	5:34	10.8 (76.6%)
17	KOLMAN Piotr	7823	ENDORFINA WSCHOWA	Masters M - 40	17	00:00:00	00:00:45	01:06:31	01:57:14.60	01:57:14.60	+00:27:46 (23.7%)	5:34	10.7 (75.9%)
18	KURASIK Tomasz Kurasik	7577		Masters M - 40	18	00:00:00	00:00:11	01:06:29	01:58:42.35	01:58:42.35	+00:29:14 (24.6%)	5:39	10.6 (75.2%)
19	ROSKOSZ Michał	7161	KAC RUNNING TEAM	Masters M - 40	19	00:00:00	00:00:14	01:07:13	01:59:35.05	01:59:35.05	+00:30:07 (25.2%)	5:41	10.5 (74.5%)
20	KUCHARSKI Robert	7693	ZAKOCHAJ SIĘ W BIEGANIU	Masters M - 40	20	00:00:00	00:00:01	01:06:56	01:59:49.90	01:59:49.90	+00:30:22 (25.3%)	5:42	10.5 (74.5%)
21	NOWORYTA Radosław	7031	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	21	00:00:00	00:00:07	01:06:09	02:00:15.90	02:00:15.90	+00:30:48 (25.6%)	5:43	10.5 (74.5%)
22	BRZESKI Szczepan	7567		Masters M - 40	22	00:00:00	00:01:05	01:10:07	02:03:27.35	02:03:27.35	+00:33:59 (27.5%)	5:52	10.2 (72.3%)
23	NOWIŃSKI Rafał	7013	ENDORFINA WSCHOWA	Masters M - 40	23	00:00:00	00:00:51	01:09:32	02:05:10.55	02:05:10.55	+00:35:42 (28.5%)	5:57	10.1 (71.6%)
24	BERGER Piotr	7561	RUNNERS TEAM NYSA	Masters M - 40	24	00:00:00	00:01:32	01:12:13	02:05:24.35	02:05:24.35	+00:35:56 (28.7%)	5:58	10 (70.9%)
25	ŁABĘDŹ Mariusz	7218		Masters M - 40	25	00:00:00	00:00:07	01:10:44	02:06:19.75	02:06:19.75	+00:36:51 (29.2%)	6:00	10 (70.9%)
26	MACIASZCZYK Marek	15		Masters M - 40	26	00:00:00	00:01:38	01:13:59	02:07:29.05	02:07:29.05	+00:38:01 (29.8%)	6:04	9.9 (70.2%)
27	BIELSKI Seweryn	7801	MIRAZ RACE TEAM	Masters M - 40	27	00:00:00	00:00:22	01:11:04	02:07:33.90	02:07:33.90	+00:38:06 (29.9%)	6:04	9.9 (70.2%)
28	PAPROCKI Krzysztof	7971		Masters M - 40	28	00:00:00	00:01:00	01:14:53	02:08:21.80	02:08:21.80	+00:38:54 (30.3%)	6:06	9.8 (69.5%)
29	GAŁĘZYKA Rafał	7750	EUROVENT ATHLETICS	Masters M - 40	29	00:00:00	00:02:08	01:13:40	02:09:01.95	02:09:01.95	+00:39:34 (30.7%)	6:08	9.8 (69.5%)
30	PETA Rafał	7355		Masters M - 40	30	00:00:00	00:00:17	01:13:58	02:09:32.70	02:09:32.70	+00:40:04 (30.9%)	6:10	9.7 (68.8%)
31	PAWLAK Daniel	7505	LKS ISKRA JASZKOWA	Masters M - 40	31	00:00:00	00:00:37	01:12:49	02:09:46.55	02:09:46.55	+00:40:18 (31.1%)	6:10	9.7 (68.8%)
32	ROŚLICKI Jarosław	7504	DTR MARIO TEAM/UBEZPIECZENIA DLA AKTYWNYCH	Masters M - 40	32	00:00:00	00:00:14	01:14:53	02:10:32.00	02:10:32.00	+00:41:04 (31.5%)	6:12	9.7 (68.8%)
33	PIETRZYK Tomasz	7727	140MINUT.PL LANIE NA ŚLĘŻY	Masters M - 40	33	00:00:00	00:00:05	01:13:58	02:10:41.30	02:10:41.30	+00:41:13 (31.5%)	6:13	9.6 (68.1%)
34	KRZYSCIN Maciej	7854	STRUŚ KĄKOLEWICE	Masters M - 40	34	00:00:00	00:00:08	01:11:44	02:10:48.60	02:10:48.60	+00:41:20 (31.6%)	6:13	9.6 (68.1%)
35	KIERSKI Piotr	7820	BLUSZCZA	Masters M - 40	35	00:00:00	00:00:15	01:14:02	02:10:50.55	02:10:50.55	+00:41:22 (31.6%)	6:13	9.6 (68.1%)
36	HACUŚ Tomasz	7865		Masters M - 40	36	00:00:00	00:00:17	01:14:52	02:12:52.80	02:12:52.80	+00:43:25 (32.7%)	6:19	9.5 (67.4%)
37	SZLAMA Tomasz	7553	POLISH RUNNERS CLUB IRELAND	Masters M - 40	37	00:00:00	00:01:14	01:18:46	02:13:02.20	02:13:02.20	+00:43:34 (32.8%)	6:20	9.5 (67.4%)
38	MATYKIEWICZ Michał	7061	FOXFONNA RUNNERS	Masters M - 40	38	00:00:00	00:01:16	01:16:58	02:13:19.15	02:13:19.15	+00:43:51 (32.9%)	6:20	9.5 (67.4%)

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39	SZERMENT Eryk	7098	MAZURTEAM	Masters M - 40	39	00:00:00	00:00:23	01:16:06	02:13:27.25	02:13:27.25	+00:43:59 (33.0%)	6:21	9.4 (66.7%)
40	BACHURSKI Tomasz	7064	140MINUT.PL	Masters M - 40	40	00:00:00	00:00:51	01:17:45	02:15:23.10	02:15:23.10	+00:45:55 (33.9%)	6:26	9.3 (66.0%)
41	JAROSŁAWSKI Marcin	7845		Masters M - 40	41	00:00:00	00:00:55	01:18:59	02:15:26.80	02:15:26.80	+00:45:59 (33.9%)	6:26	9.3 (66.0%)
42	DAKUS Mykola	7944		Masters M - 40	42	00:00:00	00:00:07	01:15:00	02:15:38.60	02:15:38.60	+00:46:10 (34.0%)	6:27	9.3 (66.0%)
43	KAWCZYŃSKI Piotr	7640	GUSTAW TEŻ BIEGA	Masters M - 40	43	00:00:00	00:00:05	01:18:16	02:15:58.25	02:15:58.25	+00:46:30 (34.2%)	6:28	9.3 (66.0%)
44	PIASKOWSKI Artur	7896		Masters M - 40	44	00:00:00	00:00:24	01:17:11	02:16:24.35	02:16:24.35	+00:46:56 (34.4%)	6:29	9.2 (65.2%)
45	MUSIAŁKOWSKI Bartosz	7202		Masters M - 40	45	00:00:00	00:00:51	01:19:45	02:18:08.20	02:18:08.20	+00:48:40 (35.2%)	6:34	9.1 (64.5%)
46	ŁUCZAK Maciej	7875	BANDA RYCHA	Masters M - 40	46	00:00:00	00:01:00	01:19:49	02:18:15.85	02:18:15.85	+00:48:48 (35.3%)	6:35	9.1 (64.5%)
47	AUGUSTYNIAK Jakub	7548	DTR BIEGA / MARIO TEAM	Masters M - 40	47	00:00:00	00:00:54	01:20:49	02:18:41.80	02:18:41.80	+00:49:14 (35.5%)	6:36	9.1 (64.5%)
48	BALCERZAK Tomasz	7333		Masters M - 40	48	00:00:00	00:01:19	01:24:11	02:19:22.75	02:19:22.75	+00:49:54 (35.8%)	6:38	9 (63.8%)
49	SZYMAŃSKI Hubert	7976	BIEGOWY WARIAT RUNNING TEAM	Masters M - 40	49	00:00:00	00:01:05	01:21:17	02:19:29.60	02:19:29.60	+00:50:01 (35.9%)	6:38	9 (63.8%)
50	WASILEWSKI Tomasz	7278	AROMAT NÓG	Masters M - 40	50	00:00:00	00:00:07	01:17:50	02:19:46.50	02:19:46.50	+00:50:18 (36.0%)	6:39	9 (63.8%)
51	KUNIK Artur	7499	DZIKIE DZIKI GORZÓW	Masters M - 40	51	00:00:00	00:00:04	01:15:43	02:19:46.90	02:19:46.90	+00:50:19 (36.0%)	6:39	9 (63.8%)
52	KORCZYŃSKI Łukasz	7492	BIEGOWA POGORZAŁA	Masters M - 40	52	00:00:00	00:01:56	01:25:49	02:20:09.65	02:20:09.65	+00:50:41 (36.2%)	6:40	9 (63.8%)
53	SARNA Tomasz	7879		Masters M - 40	53	00:00:00	00:00:47	01:18:44	02:20:40.25	02:20:40.25	+00:51:12 (36.4%)	6:41	9 (63.8%)
54	PIJANOWSKI Paweł	7422		Masters M - 40	54	00:00:00	00:01:45	01:19:11	02:20:43.00	02:20:43.00	+00:51:15 (36.4%)	6:42	9 (63.8%)
55	MACIASZEK Andrzej	7617		Masters M - 40	55	00:00:00	00:00:52	01:22:02	02:20:58.80	02:20:58.80	+00:51:31 (36.5%)	6:42	8.9 (63.1%)
56	ROGOCZ Maciej	7807	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	56	00:00:00	00:01:34	01:20:29	02:21:05.55	02:21:05.55	+00:51:37 (36.6%)	6:43	8.9 (63.1%)
57	CIEKAŃSKI Michał	7967		Masters M - 40	57	00:00:00	00:01:05	01:20:27	02:22:05.25	02:22:05.25	+00:52:37 (37.0%)	6:45	8.9 (63.1%)
58	KORZEC Michał	7702	MILHAUSE	Masters M - 40	58	00:00:00	00:02:26	01:24:51	02:23:27.05	02:23:27.05	+00:53:59 (37.6%)	6:49	8.8 (62.4%)
59	IZDEBSKI Tomasz	7747		Masters M - 40	59	00:00:00	00:00:58	01:21:59	02:23:58.80	02:23:58.80	+00:54:31 (37.9%)	6:51	8.8 (62.4%)
60	STRONIEWSKI Jacek	7449	NR PYSKOWICE	Masters M - 40	60	00:00:00	00:00:42	01:19:41	02:24:10.10	02:24:10.10	+00:54:42 (37.9%)	6:51	8.7 (61.7%)
61	URBANIAK Jan	7787	140MINUT.PL	Masters M - 40	61	00:00:00	00:01:36	01:23:21	02:24:45.00	02:24:45.00	+00:55:17 (38.2%)	6:53	8.7 (61.7%)

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62	KRZESIMOWSKI Damian	7057		Masters M - 40	62	00:00:00	00:00:40	01:23:04	02:26:36.10	02:26:36.10	+00:57:08 (39.0%)	6:58	8.6 (61.0%)
63	JASIŃSKI Paweł	7804	APTENEO TEAM	Masters M - 40	63	00:00:00	00:01:40	01:23:02	02:27:16.60	02:27:16.60	+00:57:48 (39.3%)	7:00	8.6 (61.0%)
64	KOREWO Marcin	7493	WKURW_ TEAM	Masters M - 40	64	00:00:00	00:02:18	01:27:43	02:27:21.10	02:27:21.10	+00:57:53 (39.3%)	7:01	8.6 (61.0%)
65	SIWEK Grzegorz	7260	LANRUNS	Masters M - 40	65	00:00:00	00:00:31	01:21:44	02:27:45.10	02:27:45.10	+00:58:17 (39.5%)	7:02	8.5 (60.3%)
66	STANULA Krzysztof	20	DOLNY ŚLĄSK	Masters M - 40	66	00:00:00	00:03:03	01:26:08	02:28:39.75	02:28:39.75	+00:59:11 (39.8%)	7:04	8.5 (60.3%)
67	PYTA Adam	7990		Masters M - 40	67	00:00:00	00:01:21	01:29:22	02:29:12.10	02:29:12.10	+00:59:44 (40.0%)	7:06	8.4 (59.6%)
68	JAMROSZCZYK Przemysław	7127	TEAM PLESZEW	Masters M - 40	68	00:00:00	00:01:06	01:26:04	02:29:15.15	02:29:15.15	+00:59:47 (40.1%)	7:06	8.4 (59.6%)
69	RADZIKOWSKI Grzegorz	7123		Masters M - 40	69	00:00:00	00:04:00	01:29:44	02:30:19.45	02:30:19.45	+01:00:51 (40.5%)	7:09	8.4 (59.6%)
70	MICHALAK Jacek	7831	OVIME RUN	Masters M - 40	70	00:00:00	00:03:38	01:28:03	02:30:33.90	02:30:33.90	+01:01:06 (40.6%)	7:10	8.4 (59.6%)
71	WAWRZYNIAK Mariusz	7885		Masters M - 40	71	00:00:00	00:01:35	01:24:56	02:30:40.10	02:30:40.10	+01:01:12 (40.6%)	7:10	8.4 (59.6%)
72	NIKOLIN Przemyslaw	7895	KS OCZKO	Masters M - 40	72	00:00:00	00:00:53	01:25:28	02:30:55.75	02:30:55.75	+01:01:27 (40.7%)	7:11	8.3 (58.9%)
73	KRUPIŃSKI Zbigniew	7795	KOŁO BIEGA	Masters M - 40	73	00:00:00	00:01:03	01:26:34	02:30:56.15	02:30:56.15	+01:01:28 (40.7%)	7:11	8.3 (58.9%)
74	POPIEL Jan	7745		Masters M - 40	74	00:00:00	00:01:47	01:25:14	02:31:07.15	02:31:07.15	+01:01:39 (40.8%)	7:11	8.3 (58.9%)
75	JOPEK Tomasz	7579		Masters M - 40	75	00:00:00	00:03:15	01:29:41	02:31:22.75	02:31:22.75	+01:01:54 (40.9%)	7:12	8.3 (58.9%)
76	FÓRMAN Daniel	7277	PCH_RUN	Masters M - 40	76	00:00:00	00:00:09	01:24:42	02:31:34.35	02:31:34.35	+01:02:06 (41.0%)	7:13	8.3 (58.9%)
77	JORDAN Robert	7290	TARNOWO PODGÓRNE BIEGA	Masters M - 40	77	00:00:00	00:00:26	01:25:34	02:31:40.75	02:31:40.75	+01:02:12 (41.0%)	7:13	8.3 (58.9%)
78	KACZYŃSKI Tomasz	7002		Masters M - 40	78	00:00:00	00:03:07	01:25:42	02:32:18.55	02:32:18.55	+01:02:50 (41.3%)	7:15	8.3 (58.9%)
79	DROZD Michał	7458	EXTREME CLUB RABKA-ZDROJ	Masters M - 40	79	00:00:00	00:00:20	01:19:10	02:33:05.30	02:33:05.30	+01:03:37 (41.6%)	7:17	8.2 (58.2%)
80	KOCOŁ Tomasz	7649		Masters M - 40	80	00:00:00	00:01:41	01:29:41	02:33:13.95	02:33:13.95	+01:03:46 (41.6%)	7:17	8.2 (58.2%)
81	NOWICKI Bartosz	7263		Masters M - 40	81	00:00:00	00:01:06	01:26:02	02:33:21.05	02:33:21.05	+01:03:53 (41.7%)	7:18	8.2 (58.2%)
82	PONIATOWSKI Krzysztof	7490		Masters M - 40	82	00:00:00	00:01:46	01:29:03	02:33:56.25	02:33:56.25	+01:04:28 (41.9%)	7:19	8.2 (58.2%)
83	KUCHCIŃSKI Bartosz	7118	STRASZYN BIEGA	Masters M - 40	83	00:00:00	00:01:08	01:26:25	02:34:57.00	02:34:57.00	+01:05:29 (42.3%)	7:22	8.1 (57.4%)
84	CIEMNY Wojciech	7441	NIGHT RUNNERS PYSKOWICE	Masters M - 40	84	00:00:00	00:00:51	01:27:55	02:36:40.80	02:36:40.80	+01:07:13 (42.9%)	7:27	8 (56.7%)

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85	TRZECIAK Tomasz	7271		Masters M - 40	85	00:00:00	00:00:30	01:25:58	02:36:56.10	02:36:56.10	+01:07:28 (43.0%)	7:28	8 (56.7%)
86	KUTKA Krzysztof	7827		Masters M - 40	86	00:00:00	00:00:09	01:25:40	02:36:59.55	02:36:59.55	+01:07:31 (43.0%)	7:28	8 (56.7%)
87	ZIOMBKA Kuba	7025		Masters M - 40	87	00:00:00	00:01:09	01:27:38	02:37:29.25	02:37:29.25	+01:08:01 (43.2%)	7:29	8 (56.7%)
88	CZELNY Tomasz	7014	SMASHING PĄPKINS	Masters M - 40	88	00:00:00	00:01:13	01:27:41	02:38:06.75	02:38:06.75	+01:08:38 (43.4%)	7:31	8 (56.7%)
89	SZUMIŃSKI Artur	7915		Masters M - 40	89	00:00:00	00:00:11	01:19:48	02:38:44.30	02:38:44.30	+01:09:16 (43.6%)	7:33	7.9 (56.0%)
90	WALENCIAK Michał	7609	TARNOWO PODGÓRNE BIEGA	Masters M - 40	90	00:00:00	00:00:27	01:30:47	02:39:30.95	02:39:30.95	+01:10:03 (43.9%)	7:35	7.9 (56.0%)
91	TOMCZAK Tomasz	7918	NARAMOWICE BIEGAJĄ	Masters M - 40	91	00:00:00	00:02:30	01:32:26	02:41:38.95	02:41:38.95	+01:12:11 (44.7%)	7:41	7.8 (55.3%)
92	KĘDZIOR Bartłomiej	7653		Masters M - 40	92	00:00:00	00:03:42	01:29:37	02:41:41.45	02:41:41.45	+01:12:13 (44.7%)	7:41	7.8 (55.3%)
93	SMUSZ Grzegorz	7832		Masters M - 40	93	00:00:00	00:01:09	01:25:59	02:42:16.25	02:42:16.25	+01:12:48 (44.9%)	7:43	7.8 (55.3%)
94	ŁAGOWSKI Dariusz	7153	TKKF MPK POZNAŃ	Masters M - 40	94	00:00:00	00:04:10	01:36:13	02:42:28.75	02:42:28.75	+01:13:00 (44.9%)	7:44	7.8 (55.3%)
95	RADCZAK Marcin	7563		Masters M - 40	95	00:00:00	00:00:13	01:33:05	02:42:41.80	02:42:41.80	+01:13:14 (45.0%)	7:44	7.7 (54.6%)
96	ŁUĆ Łukasz	7921		Masters M - 40	96	00:00:00	00:02:16	01:36:14	02:43:20.15	02:43:20.15	+01:13:52 (45.2%)	7:46	7.7 (54.6%)
97	ŁĄŻEWSKI Marcin	7070		Masters M - 40	97	00:00:00	00:01:43	01:33:22	02:43:57.15	02:43:57.15	+01:14:29 (45.4%)	7:48	7.7 (54.6%)
98	ANDRZEJCZAK Piotr	7531		Masters M - 40	98	00:00:00	00:01:16	01:32:40	02:44:09.60	02:44:09.60	+01:14:41 (45.5%)	7:49	7.7 (54.6%)
99	JAKSA Juliusz	7670		Masters M - 40	99	00:00:00	00:01:51	01:33:32	02:44:26.45	02:44:26.45	+01:14:58 (45.6%)	7:49	7.7 (54.6%)
100	BIZIEL Michał	7910		Masters M - 40	100	00:00:00	00:02:17	01:36:17	02:44:59.85	02:44:59.85	+01:15:32 (45.8%)	7:51	7.6 (53.9%)
101	OLSZEWSKI Jacek	7736		Masters M - 40	101	00:00:00	00:01:56	01:35:43	02:45:12.25	02:45:12.25	+01:15:44 (45.8%)	7:52	7.6 (53.9%)
102	TELEGA Radek	40	ZĄLOGA GÓRSKA	Masters M - 40	102	00:00:00	00:00:04	01:26:45	02:45:41.45	02:45:41.45	+01:16:13 (46.0%)	7:53	7.6 (53.9%)
103	SZYMAŃSKI Krzysztof	7650	TTKF MPK POZNAŃ	Masters M - 40	103	00:00:00	00:04:06	01:46:09	02:45:42.55	02:45:42.55	+01:16:14 (46.0%)	7:53	7.6 (53.9%)
104	WALCZAK Krzysztof	7109		Masters M - 40	104	00:00:00	00:02:43	01:38:23	02:45:43.80	02:45:43.80	+01:16:16 (46.0%)	7:53	7.6 (53.9%)
105	CHORAŻEWICZ Patryk	7883	KUNA W AGREŚCIE	Masters M - 40	105	00:00:00	00:02:25	01:36:18	02:46:10.15	02:46:10.15	+01:16:42 (46.2%)	7:54	7.6 (53.9%)
106	BAŚ Tomasz	7004	STOKOWCZYKI TEAM	Masters M - 40	106	00:00:00	00:00:08	01:30:44	02:46:21.90	02:46:21.90	+01:16:54 (46.2%)	7:55	7.6 (53.9%)
107	PEPŁOŃSKI Grzegorz	7691	SII RUNNING TEAM	Masters M - 40	107	00:00:00	00:04:11	01:36:57	02:46:37.30	02:46:37.30	+01:17:09 (46.3%)	7:56	7.6 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	OCHOCKI Marcin	7658	WIR	Masters M - 40	108	00:00:00	00:01:52	01:40:38	02:47:06.95	02:47:06.95	+01:17:39 (46.5%)	7:57	7.5 (53.2%)
109	ROSOLSKI Paweł	7195		Masters M - 40	109	00:00:00	00:00:44	01:30:26	02:47:15.70	02:47:15.70	+01:17:47 (46.5%)	7:57	7.5 (53.2%)
110	PTAK Dawid	7948	BIEGAJĄCE KREJZOLE	Masters M - 40	110	00:00:00	00:00:37	01:30:06	02:47:48.50	02:47:48.50	+01:18:20 (46.7%)	7:59	7.5 (53.2%)
111	ZAPOTOCZNY Mariusz	7610		Masters M - 40	111	00:00:00	00:00:20	01:33:12	02:47:58.05	02:47:58.05	+01:18:30 (46.7%)	7:59	7.5 (53.2%)
112	GAPSKI Adam	44	KB AKTYWNI KONIN	Masters M - 40	112	00:00:00	00:01:27	01:39:05	02:49:45.75	02:49:45.75	+01:20:17 (47.3%)	8:05	7.4 (52.5%)
113	KARCZEWSKI Tomasz	7924		Masters M - 40	113	00:00:00	00:03:44	01:39:23	02:50:18.25	02:50:18.25	+01:20:50 (47.5%)	8:06	7.4 (52.5%)
114	JASKULSKI Darek	7951		Masters M - 40	114	00:00:00	00:03:51	01:43:10	02:50:40.50	02:50:40.50	+01:21:12 (47.6%)	8:07	7.4 (52.5%)
115	POCIĘGIEL Michał	7983	SKAWINA BIEGA	Masters M - 40	115	00:00:00	00:03:32	01:43:24	02:50:48.15	02:50:48.15	+01:21:20 (47.6%)	8:08	7.4 (52.5%)
116	RUP Krzysztof	7539	BLUES BROTHERS	Masters M - 40	116	00:00:00	00:03:22	01:43:04	02:50:54.55	02:50:54.55	+01:21:26 (47.7%)	8:08	7.4 (52.5%)
117	WÓJKOWSKI Kamil	7991	ATLAS RUNNING TEAM	Masters M - 40	117	00:00:00	00:03:03	01:43:07	02:50:56.55	02:50:56.55	+01:21:28 (47.7%)	8:08	7.4 (52.5%)
118	RYBAK Paweł	7899	HERBAK SPORT	Masters M - 40	118	00:00:00	00:00:51	01:39:32	02:51:28.00	02:51:28.00	+01:22:00 (47.8%)	8:09	7.3 (51.8%)
119	RYBUS Maciej	7986		Masters M - 40	119	00:00:00	00:03:16	01:40:30	02:52:20.30	02:52:20.30	+01:22:52 (48.1%)	8:12	7.3 (51.8%)
120	WYRWICKI Przemek	7155		Masters M - 40	120	00:00:00	00:01:30	01:37:47	02:52:49.45	02:52:49.45	+01:23:21 (48.2%)	8:13	7.3 (51.8%)
121	MIŚTA Grzegorz	7936	DTR BIEGA / MARIO TEAM	Masters M - 40	121	00:00:00	00:02:35	01:43:26	02:52:58.65	02:52:58.65	+01:23:30 (48.3%)	8:14	7.3 (51.8%)
122	WOJTYŚ Adam	7266	JUTROSIŃSKI KLUB BIEGACZA	Masters M - 40	122	00:00:00	00:00:36	01:39:37	02:53:32.65	02:53:32.65	+01:24:04 (48.4%)	8:15	7.3 (51.8%)
123	KRYCH Rafał	7433		Masters M - 40	123	00:00:00	00:01:26	01:39:00	02:53:51.05	02:53:51.05	+01:24:23 (48.5%)	8:16	7.2 (51.1%)
124	MACIEJEWSKI Robert	7994	BOLUBIEŹ	Masters M - 40	124	00:00:00	00:02:08	01:35:55	02:53:53.05	02:53:53.05	+01:24:25 (48.6%)	8:16	7.2 (51.1%)
125	ŚMIETANKO Marek	7151		Masters M - 40	125	00:00:00	00:00:34	01:40:32	02:54:14.50	02:54:14.50	+01:24:46 (48.7%)	8:17	7.2 (51.1%)
126	LESIK Łukasz	7570		Masters M - 40	126	00:00:00	00:01:51	01:39:43	02:55:39.60	02:55:39.60	+01:26:11 (49.1%)	8:21	7.2 (51.1%)
127	ŚLUSARCZYK Tomasz	7821	BIEGUSY CZAPLE	Masters M - 40	127	00:00:00	00:01:35	01:39:47	02:56:37.80	02:56:37.80	+01:27:10 (49.3%)	8:24	7.1 (50.4%)
128	PAŃCZYSZYN Mariusz	7341		Masters M - 40	128	00:00:00	00:02:42	01:42:40	02:56:46.85	02:56:46.85	+01:27:19 (49.4%)	8:25	7.1 (50.4%)
129	ŁYSZCZAK Wojtek	7779	REAL SALCESON	Masters M - 40	129	00:00:00	00:02:43	01:43:59	02:56:52.15	02:56:52.15	+01:27:24 (49.4%)	8:25	7.1 (50.4%)
130	BORKOWSKI Krzysztof	7695		Masters M - 40	130	00:00:00	00:00:39	01:39:31	02:57:12.35	02:57:12.35	+01:27:44 (49.5%)	8:26	7.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	MACIEJEWSKI Piotr	7028		Masters M - 40	131	00:00:00	00:00:23	01:37:02	02:57:38.35	02:57:38.35	+01:28:10 (49.6%)	8:27	7.1 (50.4%)
132	CZEKALSKI Tomasz	7988	NARAMOWICE BIEGAJĄ	Masters M - 40	132	00:00:00	00:03:03	01:43:16	02:58:04.05	02:58:04.05	+01:28:36 (49.8%)	8:28	7.1 (50.4%)
133	KLOZA Mariusz	7455	NIGHT RUNNERS PYSKOWICE	Masters M - 40	133	00:00:00	00:00:49	01:35:12	02:58:21.10	02:58:21.10	+01:28:53 (49.8%)	8:29	7.1 (50.4%)
134	KRAJEWSKI Przemysław	7722	12TRI.PL	Masters M - 40	134	00:00:00	00:03:38	01:44:35	02:58:43.90	02:58:43.90	+01:29:16 (49.9%)	8:30	7.1 (50.4%)
135	GOŁEMBECKI Jakub	7190		Masters M - 40	135	00:00:00	00:00:08	01:38:57	02:59:52.20	02:59:52.20	+01:30:24 (50.3%)	8:33	7 (49.6%)
136	JANKOWIAK Bartosz	7516		Masters M - 40	136	00:00:00	00:01:15	01:40:33	03:00:26.25	03:00:26.25	+01:30:58 (50.4%)	8:35	7 (49.6%)
137	STEPUCH Włodzimierz Tomasz	7651		Masters M - 40	137	00:00:00	00:04:02	01:49:49	03:00:51.50	03:00:51.50	+01:31:23 (50.5%)	8:36	7 (49.6%)
138	BIELECKI Grzegorz	7654	HAPPY SCHOOL	Masters M - 40	138	00:00:00	00:01:50	01:45:53	03:01:45.95	03:01:45.95	+01:32:18 (50.8%)	8:39	6.9 (48.9%)
139	KUCHCZYŃSKI Krzysztof	7592		Masters M - 40	139	00:00:00	00:02:57	01:44:34	03:01:47.20	03:01:47.20	+01:32:19 (50.8%)	8:39	6.9 (48.9%)
140	SOJKA Przemek	7343	ORANGE POLSKA	Masters M - 40	140	00:00:00	00:00:59	01:43:09	03:01:54.05	03:01:54.05	+01:32:26 (50.8%)	8:39	6.9 (48.9%)
141	BARTKIEWICZ Ireneusz	7120		Masters M - 40	141	00:00:00	00:02:16	01:39:22	03:02:01.30	03:02:01.30	+01:32:33 (50.9%)	8:40	6.9 (48.9%)
142	KIRCUŃ Paweł	7508		Masters M - 40	142	00:00:00	00:01:50	01:45:54	03:03:15.55	03:03:15.55	+01:33:47 (51.2%)	8:43	6.9 (48.9%)
143	ŚNIEGOSKI Sebastian	7535	KNEIPP TEAM	Masters M - 40	143	00:00:00	00:01:38	01:43:50	03:04:37.45	03:04:37.45	+01:35:09 (51.5%)	8:47	6.8 (48.2%)
144	ZDYB Grzegorz	7016		Masters M - 40	144	00:00:00	00:03:57	01:46:04	03:04:50.80	03:04:50.80	+01:35:23 (51.6%)	8:48	6.8 (48.2%)
145	KRZESZEWSKI Krzysztof	7475		Masters M - 40	145	00:00:00	00:01:52	01:37:43	03:06:19.65	03:06:19.65	+01:36:51 (52.0%)	8:52	6.8 (48.2%)
146	KILIAN Daniel	7743	PWPW S.A.	Masters M - 40	146	00:00:00	00:03:34	01:53:41	03:06:52.30	03:06:52.30	+01:37:24 (52.1%)	8:53	6.7 (47.5%)
147	DOBOSZ Leszek	7960		Masters M - 40	147	00:00:00	00:03:54	01:53:52	03:07:35.95	03:07:35.95	+01:38:08 (52.3%)	8:55	6.7 (47.5%)
148	ANDRZEJCZAK Łukasz	7403		Masters M - 40	148	00:00:00	00:02:35	01:43:14	03:07:36.80	03:07:36.80	+01:38:09 (52.3%)	8:56	6.7 (47.5%)
149	WIECZOREK Artur	7843		Masters M - 40	149	00:00:00	00:02:04	01:53:59	03:08:46.20	03:08:46.20	+01:39:18 (52.6%)	8:59	6.7 (47.5%)
150	BLAJCHERT Adam	7328		Masters M - 40	150	00:00:00	00:01:39	01:49:36	03:09:07.75	03:09:07.75	+01:39:39 (52.7%)	9:00	6.7 (47.5%)
151	GOGOŁOK Patryk	7812		Masters M - 40	151	00:00:00	00:03:06	01:51:35	03:09:26.35	03:09:26.35	+01:39:58 (52.8%)	9:01	6.7 (47.5%)
152	RATAJCZAK Jacek	7602	ATLAS RUNNING TEAM	Masters M - 40	152	00:00:00	00:02:28	01:47:19	03:13:22.75	03:13:22.75	+01:43:54 (53.7%)	9:12	6.5 (46.1%)
153	GAWEŁ Tomasz	7603	ATLAS RUNNING TEAM	Masters M - 40	153	00:00:00	00:02:28	01:47:21	03:13:22.85	03:13:22.85	+01:43:55 (53.7%)	9:12	6.5 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	GALUS Tomasz	16		Masters M - 40	154	00:00:00	00:03:12	01:55:04	03:14:17.25	03:14:17.25	+01:44:49 (54.0%)	9:15	6.5 (46.1%)
155	IWANOWSKI Wojciech	7309		Masters M - 40	155	00:00:00	00:02:41	01:56:14	03:14:31.50	03:14:31.50	+01:45:03 (54.0%)	9:15	6.5 (46.1%)
156	DRELINKIEWICZ Michał	7979	MISIE BIEGAJĄ	Masters M - 40	156	00:00:00	00:03:21	01:51:54	03:15:16.45	03:15:16.45	+01:45:48 (54.2%)	9:17	6.5 (46.1%)
157	GÓRECKI Mirosław	7408		Masters M - 40	157	00:00:00	00:03:01	01:52:01	03:15:22.45	03:15:22.45	+01:45:54 (54.2%)	9:18	6.4 (45.4%)
158	KASZUBA Paweł	7301	TKKF MPK POZNAŃ	Masters M - 40	158	00:00:00	00:04:08	01:54:33	03:17:08.20	03:17:08.20	+01:47:40 (54.6%)	9:23	6.4 (45.4%)
159	GIENTKOWSKI Sławomir	7199		Masters M - 40	159	00:00:00	00:01:46	01:51:41	03:17:40.60	03:17:40.60	+01:48:12 (54.7%)	9:24	6.4 (45.4%)
160	KOŻŁOWSKI Marcin	7143	UKS DIAMENT GODÓW	Masters M - 40	160	00:00:00	00:01:59	01:51:40	03:18:29.50	03:18:29.50	+01:49:01 (54.9%)	9:27	6.3 (44.7%)
161	CIŚWICKI Jarosław	7870		Masters M - 40	161	00:00:00	00:03:43	01:55:58	03:20:40.15	03:20:40.15	+01:51:12 (55.4%)	9:33	6.3 (44.7%)
162	KACZMAREK Adam	7521		Masters M - 40	162	00:00:00	00:01:56	01:57:05	03:21:12.95	03:21:12.95	+01:51:45 (55.5%)	9:34	6.3 (44.7%)
163	NARKUN Tomasz	7876	WIG20 TO THE MOON	Masters M - 40	163	00:00:00	00:01:36	01:46:19	03:22:28.15	03:22:28.15	+01:53:00 (55.8%)	9:38	6.2 (44.0%)
164	NAJDEREK Robert	7937		Masters M - 40	164	00:00:00	00:03:35	02:00:00	03:24:15.30	03:24:15.30	+01:54:47 (56.2%)	9:43	6.2 (44.0%)
165	SOKOŁOWSKI Artur	36	TEAM ZABIEGANEDNI	Masters M - 40	165	00:00:00	00:01:08	01:50:18	03:26:32.05	03:26:32.05	+01:57:04 (56.7%)	9:50	6.1 (43.3%)
166	WOLEK Marcin	7911		Masters M - 40	166	00:00:00	00:02:41	01:51:38	03:26:37.55	03:26:37.55	+01:57:09 (56.7%)	9:50	6.1 (43.3%)
167	ABAKANOWICZ Michał	7786	WALKA KOSTRZYN	Masters M - 40	167	00:00:00	00:01:10	01:51:57	03:28:17.20	03:28:17.20	+01:58:49 (57.0%)	9:55	6 (42.6%)
168	DOMAGAŁA Tomasz	7902	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	168	00:00:00	00:02:19	01:53:20	03:30:31.60	03:30:31.60	+02:01:03 (57.5%)	10:01	6 (42.6%)
169	ADAMCZYK Rafał	7456		Masters M - 40	169	00:00:00	00:02:28	01:58:47	03:31:24.90	03:31:24.90	+02:01:57 (57.7%)	10:04	6 (42.6%)
170	SOBCZAK Aleksander	7849	BIELAWSKA AKADEMIA BIEGANIA	Masters M - 40	170	00:00:00	00:02:19	01:53:23	03:32:40.45	03:32:40.45	+02:03:12 (57.9%)	10:07	5.9 (41.8%)
171	SZYMAŃSKI Paweł	7646	MUAY RUNNING TEAM	Masters M - 40	171	00:00:00	00:02:50	02:02:14	03:34:22.95	03:34:22.95	+02:04:55 (58.3%)	10:12	5.9 (41.8%)
172	ZALEWSKI Cezary	7744	PĘDZĄCE LENIWCE	Masters M - 40	172	00:00:00	00:01:08	01:58:23	03:36:11.80	03:36:11.80	+02:06:44 (58.6%)	10:17	5.8 (41.1%)
173	SZYMCZAK Marcin	7246		Masters M - 40	173	00:00:00	00:03:33	02:01:41	03:37:07.55	03:37:07.55	+02:07:39 (58.8%)	10:20	5.8 (41.1%)
174	SĘK Jarosław	7325		Masters M - 40	174	00:00:00	00:04:03	01:59:32	03:37:33.20	03:37:33.20	+02:08:05 (58.9%)	10:21	5.8 (41.1%)
175	SZLĘZAK Sławomir	7292	MIRAZ RACE TEAM	Masters M - 40	175	00:00:00	00:01:53	02:07:16	03:41:31.95	03:41:31.95	+02:12:04 (59.6%)	10:32	5.7 (40.4%)
176	WOJCIECHOWSKI Andrzej	7221	NIGHT RUNNERS	Masters M - 40	176	00:00:00	00:00:39	02:00:27	03:53:45.20	03:53:45.20	+02:24:17 (61.7%)	11:07	5.4 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	ZIELIŃSKI Radosław	7760	BASSET ROLLING TEAM	Masters M - 40	177	00:00:00	00:04:11	02:15:09	04:01:54.95	04:01:54.95	+02:32:27 (63.0%)	11:31	5.2 (36.9%)
178	BARTNIK Michał	7746	BASSET ROLLING TEAM	Masters M - 40	178	00:00:00	00:04:11	02:28:59	04:01:56.40	04:01:56.40	+02:32:28 (63.0%)	11:31	5.2 (36.9%)
179	ŚWISTUŃ Grzegorz	7156		Masters M - 40	179	00:00:00	00:03:49	02:13:25	04:07:36.35	04:07:36.35	+02:38:08 (63.9%)	11:47	5.1 (36.2%)
	LASOCKI Marcin	7647	TEAM ZABIEGANEDNI / 12TRI.PL	Masters M - 40		DNF	00:02:11 DNF	01:39:41 DNF	DNF	DNF		-	- (0.0%)
	PEKAŁA Dawid	7822	DZIKI Z AFRYKI	Masters M - 40		DNF	00:03:19 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 181 wynik(ów)