



ZŁOTY PÓLMARATON - 21 KM

B4SPORT

Event: Dolnośląski Festiwal Biegów Górskich
Organiser: Fundacja MARATONY GÓRSKIE
Date: 2023-07-13
Place: Łądek-Zdrój
Distance: 21 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Classification: Masters M - 40

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	SZCZEPANIAK Witold	7640		Masters M - 40	1	01:02:16	01:48:40.00	01:48:42.65		5:10	11.6 (100%)
2	FRANCZAK Mariusz	7575	DTR BIEGA / MARIO TEAM	Masters M - 40	2	01:01:12	01:49:30.65	01:49:32.35	+00:00:49 (0.8%)	5:12	11.5 (99.1%)
3	KUŚNIERCZAK Wiesław	7732	BROWAR FORTUNA	Masters M - 40	3	01:03:54	01:51:08.20	01:51:18.45	+00:02:35 (2.3%)	5:17	11.3 (97.4%)
4	PIHIL Piotr	7867		Masters M - 40	4	01:02:54	01:54:01.90	01:54:03.90	+00:05:21 (4.7%)	5:25	11.1 (95.7%)
5	ZBOROWSKI Krzysztof	7747		Masters M - 40	5	01:05:27	01:54:53.60	01:54:55.50	+00:06:12 (5.4%)	5:28	11 (94.8%)
6	SZAFRAŃSKI Jan	7993		Masters M - 40	6	01:07:23	01:57:28.90	01:57:34.95	+00:08:52 (7.5%)	5:35	10.7 (92.2%)
7	HUBNER Antoni	7628	TLENOWA RADOŚĆ TEAM	Masters M - 40	7	01:09:11	01:58:55.85	01:58:59.60	+00:10:16 (8.6%)	5:39	10.6 (91.4%)
8	KOWALIK Andrzej	7973	BIEG OPOLSKI/ ADRUNALINE	Masters M - 40	8	01:07:40	01:59:05.55	01:59:15.15	+00:10:32 (8.8%)	5:40	10.6 (91.4%)
9	BAZYL Adam	7184	BREMBO	Masters M - 40	9	01:10:01	02:01:53.30	02:01:59.65	+00:13:17 (10.9%)	5:48	10.3 (88.8%)
10	BOSAKIEWICZ Tomasz	2	AW SZYBCIEJ	Masters M - 40	10	01:08:23	02:02:26.40	02:02:33.55	+00:13:50 (11.3%)	5:49	10.3 (88.8%)
11	CHŁĄD Aleksander	7056	EX TEAM	Masters M - 40	11	01:08:35	02:02:39.30	02:02:45.25	+00:14:02 (11.4%)	5:50	10.3 (88.8%)
12	CHAMAŁA Krzysztof	7150	WEEGREE	Masters M - 40	12	01:10:45	02:05:36.70	02:05:43.55	+00:17:00 (13.5%)	5:58	10 (86.2%)
13	CWALINA Krzysztof	7937	FEHLAU RUN TEAM	Masters M - 40	13	01:10:36	02:05:56.50	02:05:58.85	+00:17:16 (13.7%)	5:59	10 (86.2%)
14	ZACHARA Łukasz	7318	KLUB BIEGACZA KĄTY WROCŁAWSKIE	Masters M - 40	14	01:09:47	02:05:55.50	02:07:15.25	+00:18:32 (14.6%)	5:59	10 (86.2%)
15	SŁOWIŃSKI Marcin	7483	DREAM RUN	Masters M - 40	15	01:10:32	02:07:13.60	02:07:17.80	+00:18:35 (14.6%)	6:03	9.9 (85.3%)
16	ŚWIERK Przemek	7636	ULTRA DIABŁY TEAM LUBRZA	Masters M - 40	16	01:10:00	02:08:03.85	02:08:11.00	+00:19:28 (15.2%)	6:05	9.8 (84.5%)
17	PIOTROWSKI Jan	7849		Masters M - 40	17	01:11:26	02:08:27.35	02:08:29.15	+00:19:46 (15.4%)	6:07	9.8 (84.5%)
18	KOLENDA Krzysztof	7778	FIZJOBIEGACZE SZCZECIN	Masters M - 40	18	01:10:33	02:08:31.70	02:08:40.35	+00:19:57 (15.5%)	6:07	9.8 (84.5%)
19	MAJORCZYK Gerard	7604		Masters M - 40	19	01:14:02	02:09:17.70	02:09:38.40	+00:20:55 (16.1%)	6:09	9.7 (83.6%)
20	SZUKALSKI Krzysztof	7872		Masters M - 40	20	01:13:20	02:09:03.80	02:10:42.40	+00:21:59 (16.8%)	6:08	9.8 (84.5%)
21	ZAPORA Marek	7221	W POGONI ZA DUCHEM	Masters M - 40	21	01:11:00	02:11:05.40	02:11:11.60	+00:22:28 (17.1%)	6:14	9.6 (82.8%)
22	MACIEJEWSKI Łukasz	7852	SMOLECKA ZA10	Masters M - 40	22	01:16:22	02:13:27.45	02:13:37.10	+00:24:54 (18.6%)	6:21	9.4 (81.0%)
23	LASOCKI Marcin	17	TEAM ZABIEGANEDNI	Masters M - 40	23	01:13:41	02:13:14.00	02:14:15.45	+00:25:32 (19.0%)	6:20	9.5 (81.9%)
24	KULUS Przemysław	7216	PHOENIX CONTACT	Masters M - 40	24	01:15:59	02:13:17.30	02:15:03.50	+00:26:20 (19.5%)	6:20	9.5 (81.9%)
25	TOPOLSKI Marcin	7818	BRZESKI KLUB BIEGACZA CZARNA PERŁA	Masters M - 40	25	01:16:01	02:15:11.80	02:15:28.75	+00:26:46 (19.8%)	6:26	9.3 (80.2%)
26	ROSKOSZ Michał	7050	KAC RUNNING TEAM	Masters M - 40	26	01:15:22	02:15:44.85	02:15:54.45	+00:27:11 (20.0%)	6:27	9.3 (80.2%)
27	ŚLIWIŃSKI Paweł	7423	#TEAMKOTLAREK RUNNERS	Masters M - 40	27	01:10:55	02:16:03.60	02:16:11.95	+00:27:29 (20.2%)	6:28	9.3 (80.2%)
28	HRYCAJ Mariusz	7563	KB ODRA OPOLE	Masters M - 40	28	01:17:34	02:16:10.70	02:16:21.55	+00:27:38 (20.3%)	6:29	9.3 (80.2%)
29	SZPIKOWSKI Grzegorz	7270		Masters M - 40	29	01:17:38	02:16:10.30	02:16:48.30	+00:28:05 (20.5%)	6:29	9.3 (80.2%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
30	MEZYKOWSKI Michal	7546		Masters M - 40	30	01:15:03	02:17:16.15	02:17:20.85	+00:28:38 (20.8%)	6:32	9.2 (79.3%)
31	PAWLAK Przemek	7801	NIE PIJEMY	Masters M - 40	31	01:16:53	02:16:08.90	02:17:35.55	+00:28:52 (21.0%)	6:28	9.3 (80.2%)
32	SZYPKOWSKI Marek	35		Masters M - 40	32	01:17:04	02:18:10.40	02:18:44.20	+00:30:01 (21.6%)	6:34	9.1 (78.4%)
33	KRAICZICZEK Krzysztof	4	RESHAPE RUNNERS	Masters M - 40	33	01:20:50	02:18:26.60	02:18:50.00	+00:30:07 (21.7%)	6:35	9.1 (78.4%)
34	NOWAKOWSKI Bartosz	7813		Masters M - 40	34	01:19:50	02:22:24.55	02:22:41.55	+00:33:58 (23.8%)	6:46	8.8 (75.9%)
35	SZTEJKA Damian	7507		Masters M - 40	35	01:17:20	02:24:04.40	02:24:19.30	+00:35:36 (24.7%)	6:51	8.7 (75.0%)
36	ZAREMBA Sylwester	7820	ZMĘCZENI NA STARCIE DOBIEGNIĘW	Masters M - 40	36	01:20:35	02:24:20.10	02:24:47.10	+00:36:04 (24.9%)	6:52	8.7 (75.0%)
37	GACHOWSKI Łukasz	7131		Masters M - 40	37	01:21:12	02:25:00.60	02:26:18.05	+00:37:35 (25.7%)	6:54	8.7 (75.0%)
38	KORZEC Michal	7671	MILHAUSE	Masters M - 40	38	01:23:25	02:27:13.25	02:27:52.00	+00:39:09 (26.5%)	7:00	8.6 (74.1%)
39	JAMROSZCZYK Przemysław	7482	TEAM PLESZEW	Masters M - 40	39	01:26:10	02:25:38.60	02:28:19.85	+00:39:37 (26.7%)	6:56	8.7 (75.0%)
40	ŚPIEWAK Radosław	7224		Masters M - 40	40	01:20:12	02:28:10.40	02:28:24.00	+00:39:41 (26.7%)	7:03	8.5 (73.3%)
41	WOLAŃSKI Jan	7779	BIEGNIJ OŁAWO	Masters M - 40	41	01:23:27	02:27:43.65	02:28:44.60	+00:40:01 (26.9%)	7:02	8.5 (73.3%)
42	KRAJEWSKI Tomasz	7822		Masters M - 40	42	01:19:57	02:29:28.20	02:30:09.15	+00:41:26 (27.6%)	7:07	8.4 (72.4%)
43	PAWLAK Daniel	7096	LKS ISKRA JASZKOWA	Masters M - 40	43	01:18:07	02:29:54.65	02:30:16.50	+00:41:33 (27.7%)	7:08	8.4 (72.4%)
44	NOWAK Łukasz	7789		Masters M - 40	44	01:26:17	02:27:24.40	02:30:37.70	+00:41:55 (27.8%)	7:01	8.5 (73.3%)
45	ŁUCZAK Maciej	7610	BANDA RYCHA	Masters M - 40	45	01:23:14	02:30:51.40	02:31:10.75	+00:42:28 (28.1%)	7:11	8.4 (72.4%)
46	ŁUKASIK Marek	7286		Masters M - 40	46	01:23:18	02:30:33.30	02:31:48.95	+00:43:06 (28.4%)	7:10	8.4 (72.4%)
47	URBANEK Krzysztof	7751	SPORT GENERATION	Masters M - 40	47	01:25:17	02:31:06.85	02:31:53.00	+00:43:10 (28.4%)	7:11	8.3 (71.6%)
48	JAROS Mirek	7617		Masters M - 40	48	01:23:59	02:31:37.35	02:31:53.65	+00:43:11 (28.4%)	7:13	8.3 (71.6%)
49	MATYSIAK Marcin	7775	T.S. IRON MAN	Masters M - 40	49		02:32:32.45	02:32:34.45	+00:43:51 (28.7%)	7:15	8.3 (71.6%)
50	STANULA Krzysztof	7675	DOLNY ŚLĄSK	Masters M - 40	50	01:22:31	02:30:18.05	02:33:11.55	+00:44:28 (29.0%)	7:09	8.4 (72.4%)
51	ZIĘTEK Krzysztof	7824	NATURALEPO TEAM	Masters M - 40	51	01:19:55	02:33:09.95	02:34:21.40	+00:45:38 (29.6%)	7:17	8.2 (70.7%)
52	AUGUSTYNIAK Jakub	7023	DTR BIEGA / MARIO TEAM	Masters M - 40	52	01:23:24	02:35:29.95	02:35:38.90	+00:46:56 (30.2%)	7:24	8.1 (69.8%)
53	NAPIERAŁA Tomasz	7708	FRUNĘ TEAM	Masters M - 40	53	01:28:22	02:33:42.20	02:35:51.30	+00:47:08 (30.2%)	7:19	8.2 (70.7%)
54	IRLA Mariusz	7009	NULLPTR	Masters M - 40	54	01:24:21	02:35:37.60	02:36:22.65	+00:47:40 (30.5%)	7:24	8.1 (69.8%)
55	WYJATEK Wojciech	7661		Masters M - 40	55	01:29:41	02:34:23.50	02:36:31.45	+00:47:48 (30.5%)	7:21	8.2 (70.7%)
56	DALEMBA Tomasz	7784		Masters M - 40	56	01:23:15	02:36:51.70	02:37:09.20	+00:48:26 (30.8%)	7:28	8 (69.0%)
57	BŁASZKIEWICZ Bogusz	7811	DZIKIE BOBRY	Masters M - 40	57	01:24:43	02:38:28.10	02:39:06.50	+00:50:23 (31.7%)	7:32	8 (69.0%)
58	PILARSKI Bartłomiej	7345	WYZNAWCY BRONKA LIBIAŻ	Masters M - 40	58	01:31:07	02:39:15.15	02:39:54.90	+00:51:12 (32.0%)	7:35	7.9 (68.1%)
59	BISKUPSKI Jakub	7964		Masters M - 40	59	01:30:53	02:38:48.80	02:40:52.10	+00:52:09 (32.4%)	7:33	7.9 (68.1%)
60	KAŃDUŁA Damian	7079	PHOENIX CONTACT	Masters M - 40	60	01:27:19	02:39:51.95	02:41:20.30	+00:52:37 (32.6%)	7:36	7.9 (68.1%)
61	KAŃDUŁA Bartosz	7033	BUKOWSKI KLUB BIEGACZA	Masters M - 40	61	01:26:03	02:39:50.60	02:41:20.45	+00:52:37 (32.6%)	7:36	7.9 (68.1%)
62	WILCZYŃSKI Arkadiusz	7982	DZG RUNNERS	Masters M - 40	62	01:30:58	02:40:32.70	02:41:27.40	+00:52:44 (32.7%)	7:38	7.8 (67.2%)
63	PYSZYŃSKI Mariusz	12		Masters M - 40	63	01:31:41	02:41:03.05	02:42:22.50	+00:53:39 (33.0%)	7:40	7.8 (67.2%)
64	BROMIRSKI Maciej	7799		Masters M - 40	64	01:22:22	02:42:43.20	02:42:45.75	+00:54:03 (33.2%)	7:44	7.7 (66.4%)
65	KOŹMINSKI Łukasz	7359		Masters M - 40	65	01:32:37	02:41:23.00	02:43:05.05	+00:54:22 (33.3%)	7:41	7.8 (67.2%)
66	ŁUKOWICZ Łukasz	7026		Masters M - 40	66	01:33:33	02:39:40.55	02:43:06.80	+00:54:24 (33.4%)	7:36	7.9 (68.1%)
67	KASIEWICZ Marcin	7773	MOCNA GRUPA CEZARA	Masters M - 40	67	01:29:51	02:43:14.35	02:43:47.00	+00:55:04 (33.6%)	7:46	7.7 (66.4%)
68	RATAJCZAK Paweł	7745		Masters M - 40	68	01:32:08	02:42:05.45	02:45:13.25	+00:56:30 (34.2%)	7:43	7.8 (67.2%)
69	SZTYPKA Konrad	7394	WKB MARATOŃCZYK WŁOCŁAWEK	Masters M - 40	69	01:31:23	02:45:28.60	02:45:33.00	+00:56:50 (34.3%)	7:52	7.6 (65.5%)
70	PRUSZCZYŃSKI Piotr	7003		Masters M - 40	70	01:34:53	02:43:47.35	02:45:42.15	+00:56:59 (34.4%)	7:47	7.7 (66.4%)
71	MATYSIAK Karol	7884	KONOPYA.PL	Masters M - 40	71	01:31:16	02:45:50.95	02:46:04.50	+00:57:21 (34.5%)	7:53	7.6 (65.5%)
72	ZIĘBA Marcin	32		Masters M - 40	72	01:30:14	02:44:10.55	02:46:48.25	+00:58:05 (34.8%)	7:49	7.7 (66.4%)
73	HAMKALO Dawid	7997	HOST	Masters M - 40	73	01:32:24	02:44:02.60	02:47:04.40	+00:58:21 (34.9%)	7:48	7.7 (66.4%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
74	MAREK Jarosław	7989		Masters M - 40	74	01:33:20	02:44:31.50	02:47:33.35	+00:58:50 (35.1%)	7:50	7.7 (66.4%)
75	KMIECIK Jakub	7227	TARNOWO PODGÓRNE BIEGA	Masters M - 40	75	01:31:03	02:47:38.70	02:48:10.95	+00:59:28 (35.4%)	7:58	7.5 (64.7%)
76	KOZYRA Dariusz	7601	ADRIAN DANILEWICZ GROUP	Masters M - 40	76	01:38:51	02:45:37.45	02:48:33.75	+00:59:51 (35.5%)	7:53	7.6 (65.5%)
77	POWIERTOWSKI Adam	7678		Masters M - 40	77	01:30:44	02:46:57.25	02:49:04.85	+01:00:22 (35.7%)	7:57	7.5 (64.7%)
78	HOLAK Tomasz	7687	PANKRACY ENTERTIMENT	Masters M - 40	78	01:33:38	02:47:03.90	02:49:29.35	+01:00:46 (35.9%)	7:57	7.5 (64.7%)
79	MASNYK Łukasz	7766	KB ODRA OPOLE	Masters M - 40	79	01:41:02	02:48:27.25	02:49:30.15	+01:00:47 (35.9%)	8:01	7.5 (64.7%)
80	SKIBIŃSKI Łukasz	7349	PCH_RUN	Masters M - 40	80	01:34:53	02:49:05.65	02:49:57.30	+01:01:14 (36.0%)	8:03	7.5 (64.7%)
81	OTOCKI Marek	7539		Masters M - 40	81	01:29:18	02:48:28.05	02:50:05.70	+01:01:23 (36.1%)	8:01	7.5 (64.7%)
82	ZIÓŁKOWSKI Jarosław	7494		Masters M - 40	82	01:37:53	02:49:22.50	02:50:36.25	+01:01:53 (36.3%)	8:03	7.4 (63.8%)
83	BARTKIEWICZ Ireneusz	7022		Masters M - 40	83	01:35:19	02:51:34.90	02:52:50.20	+01:04:07 (37.1%)	8:10	7.3 (62.9%)
84	KRZESIMOWSKI Damian	7053		Masters M - 40	84	01:34:38	02:52:38.15	02:53:02.70	+01:04:20 (37.2%)	8:13	7.3 (62.9%)
85	CHOJNACKI Mikołaj	7758	WARSAW RUN CLUB	Masters M - 40	85	01:33:42	02:49:32.40	02:53:13.05	+01:04:30 (37.2%)	8:04	7.4 (63.8%)
86	ZIÓŁKOWSKI Piotr	22		Masters M - 40	86	01:38:37	02:49:22.35	02:53:15.50	+01:04:32 (37.3%)	8:03	7.4 (63.8%)
87	LEWANDOWSKI Grzegorz	7316	GOLENIÓW	Masters M - 40	87	01:39:56	02:51:49.85	02:53:23.40	+01:04:40 (37.3%)	8:10	7.3 (62.9%)
88	GAJLEWICZ Piotr	7783		Masters M - 40	88	01:32:28	02:53:59.80	02:54:14.40	+01:05:31 (37.6%)	8:17	7.2 (62.1%)
89	BAL Tomasz	7327		Masters M - 40	89	01:33:07	02:52:59.00	02:54:17.95	+01:05:35 (37.6%)	8:14	7.3 (62.9%)
90	ZASŁAWSKI Lech	7104	X-TEAM	Masters M - 40	90	01:35:55	02:53:09.20	02:54:28.15	+01:05:45 (37.7%)	8:14	7.3 (62.9%)
91	LORENC Paweł	7980	ENDORFINY WAŚOSZ	Masters M - 40	91	01:35:01	02:53:06.15	02:54:34.70	+01:05:52 (37.7%)	8:14	7.3 (62.9%)
92	NOWICKI Bartosz	7354		Masters M - 40	92	01:34:18	02:52:14.00	02:54:54.75	+01:06:12 (37.8%)	8:12	7.3 (62.9%)
93	SUŚLIK Robert	7174		Masters M - 40	93	01:34:34	02:54:27.25	02:55:43.95	+01:07:01 (38.1%)	8:18	7.2 (62.1%)
94	KAMUDA Daniel	7231		Masters M - 40	94	01:34:26	02:54:28.30	02:55:45.55	+01:07:02 (38.1%)	8:18	7.2 (62.1%)
95	KOBIERSKI Michał	7774	#BIEGAJLESZNO	Masters M - 40	95	01:35:39	02:56:22.95	02:56:52.70	+01:08:10 (38.5%)	8:23	7.1 (61.2%)
96	BRYCHCY Paweł	7431		Masters M - 40	96	01:40:28	02:56:51.75	02:58:23.55	+01:09:40 (39.1%)	8:25	7.1 (61.2%)
97	SAWICKI Adrian	7262		Masters M - 40	97	01:37:40	02:55:45.45	02:58:45.35	+01:10:02 (39.2%)	8:22	7.2 (62.1%)
98	SARBACZEWSKI Sebastian	7101	SKS OBORNIKI	Masters M - 40	98	01:38:34	02:57:13.75	02:59:14.90	+01:10:32 (39.4%)	8:26	7.1 (61.2%)
99	RADLAK Marcin	7235		Masters M - 40	99	01:37:26	02:56:38.25	02:59:22.95	+01:10:40 (39.4%)	8:24	7.1 (61.2%)
100	DERBICH Mariusz	7763	FAMOT TEAM	Masters M - 40	100	01:41:23	02:57:36.95	03:00:00.55	+01:11:17 (39.6%)	8:27	7.1 (61.2%)
101	WIECZOREK Artur	7664	BIEGACZE Z PRZYLESIA	Masters M - 40	101	01:40:28	02:57:19.50	03:00:02.10	+01:11:19 (39.6%)	8:26	7.1 (61.2%)
102	TYL Radosław	7418		Masters M - 40	102	01:34:31	02:57:59.45	03:00:24.35	+01:11:41 (39.7%)	8:28	7.1 (61.2%)
103	HAŁA Krzysztof	7882	TARNOWO PODGÓRNE BIEGA	Masters M - 40	103	01:35:15	02:59:38.90	03:00:49.60	+01:12:06 (39.9%)	8:33	7 (60.3%)
104	TRZECIAK Tomasz	7139		Masters M - 40	104	01:35:20	02:59:54.60	03:00:50.05	+01:12:07 (39.9%)	8:34	7 (60.3%)
105	KOŹMIŃSKI Michał	7357		Masters M - 40	105	01:39:48	02:59:29.85	03:01:10.85	+01:12:28 (40.0%)	8:32	7 (60.3%)
106	BALAS Tomasz	19	NOLOGOCREW	Masters M - 40	106		02:59:39.55	03:01:55.70	+01:13:13 (40.2%)	8:33	7 (60.3%)
107	WESOŁY Maciej	7126	KOLKA TEAM	Masters M - 40	107	01:39:06	03:01:55.70	03:03:22.00	+01:14:39 (40.7%)	8:39	6.9 (59.5%)
108	MATCZAK Jacek	7504		Masters M - 40	108	01:39:59	03:01:31.65	03:03:35.70	+01:14:53 (40.8%)	8:38	6.9 (59.5%)
109	BAJER Mikołaj	7384	TARNOWO PODGÓRNE BIEGA	Masters M - 40	109	01:37:51	03:01:11.65	03:03:57.45	+01:15:14 (40.9%)	8:37	7 (60.3%)
110	HALESZCZUK Tomasz	7280	PRO-RUN WROCŁAW	Masters M - 40	110	01:42:33	03:04:15.00	03:04:56.35	+01:16:13 (41.2%)	8:46	6.8 (58.6%)
111	LIS Wojciech	7478	WIERZBICKI RUNNING PROJECT	Masters M - 40	111	01:40:36	03:02:37.85	03:05:09.00	+01:16:26 (41.3%)	8:41	6.9 (59.5%)
112	GROCHOWSKI Paweł	7921	PZU SPORT TEAM	Masters M - 40	112	01:43:09	03:03:07.55	03:05:59.30	+01:17:16 (41.5%)	8:43	6.9 (59.5%)
113	ODIJA Leszek	7769		Masters M - 40	113	01:47:35	03:05:51.35	03:06:44.65	+01:18:02 (41.8%)	8:51	6.8 (58.6%)
114	SWOBODA Piotr	7208	LOVELASY	Masters M - 40	114	01:40:21	03:05:36.40	03:07:16.85	+01:18:34 (42.0%)	8:50	6.8 (58.6%)
115	JORDAN Robert	7082	TARNOWO PODGÓRNE BIEGA	Masters M - 40	115	01:42:52	03:06:00.55	03:08:42.55	+01:19:59 (42.4%)	8:51	6.8 (58.6%)
116	GRYGIER Tomasz	7156		Masters M - 40	116	01:38:57	03:08:22.65	03:10:11.90	+01:21:29 (42.8%)	8:58	6.7 (57.8%)
117	GĄTARCZYK Mariusz	7401	DZIKIE GRUBASY SZATANA	Masters M - 40	117	01:46:31	03:08:14.30	03:10:14.90	+01:21:32 (42.9%)	8:57	6.7 (57.8%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
118	SZERMENT Eryk	7147	MAZURTEAM	Masters M - 40	118	01:45:42	03:11:15.40	03:11:36.35	+01:22:53 (43.3%)	9:06	6.6 (56.9%)
119	BERNADZIKOWSKI Michał	7830		Masters M - 40	119	01:49:20	03:11:37.15	03:12:36.70	+01:23:54 (43.6%)	9:07	6.6 (56.9%)
120	SWOBODA Andrzej	7409		Masters M - 40	120	01:46:03	03:11:08.40	03:12:52.80	+01:24:10 (43.6%)	9:06	6.6 (56.9%)
121	DUBAS Marek	7352	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Masters M - 40	121	01:50:53	03:12:33.95	03:13:31.30	+01:24:48 (43.8%)	9:10	6.5 (56.0%)
122	DUDEK Tomasz	7714	MOCNA GRUPA CEZARA	Masters M - 40	122	01:41:25	03:13:04.10	03:13:32.10	+01:24:49 (43.8%)	9:11	6.5 (56.0%)
123	FAJER Michał	7914		Masters M - 40	123	01:42:51	03:10:55.10	03:13:32.20	+01:24:49 (43.8%)	9:05	6.6 (56.9%)
124	KUBIAK Mariusz	7306	WILKI MIĘDZYLESIE	Masters M - 40	124	01:40:42	03:10:46.75	03:13:50.85	+01:25:08 (43.9%)	9:05	6.6 (56.9%)
125	OGONOWSKI Michał	7977	MRC	Masters M - 40	125	01:48:00	03:14:45.20	03:16:28.45	+01:27:45 (44.7%)	9:16	6.5 (56.0%)
126	MATYNIAK Kamil	7369	WYZNAWCY BRONKA LIBIĄŻ	Masters M - 40	126	01:35:28	03:16:24.20	03:17:03.10	+01:28:20 (44.8%)	9:21	6.4 (55.2%)
127	FÖRMAN Daniel	7222	PCH_RUN/ FURIA_TEAM	Masters M - 40	127	01:40:33	03:16:24.20	03:17:18.70	+01:28:36 (44.9%)	9:21	6.4 (55.2%)
128	MATUSZAK Krzysztof	7140	MATUSZAK TEAM/ TRIGYM	Masters M - 40	128	01:55:39	03:16:46.75	03:17:34.90	+01:28:52 (45.0%)	9:22	6.4 (55.2%)
129	ŁESKE Jan	7039	ZA LINIĄ METY	Masters M - 40	129	01:47:52	03:17:19.00	03:17:56.30	+01:29:13 (45.1%)	9:23	6.4 (55.2%)
130	KULA Krystian	7889	KB HARCOWNIK	Masters M - 40	130	01:50:33	03:15:04.25	03:17:58.95	+01:29:16 (45.1%)	9:17	6.5 (56.0%)
131	GROCHAŁA Wojciech	7289		Masters M - 40	131	01:48:55	03:20:14.35	03:20:28.10	+01:31:45 (45.8%)	9:32	6.3 (54.3%)
132	MATECKI Jacek	7912	KOMORAS KONIN	Masters M - 40	132	01:52:58	03:17:23.45	03:20:53.85	+01:32:11 (45.9%)	9:23	6.4 (55.2%)
133	NOWAKOWSKI Jarosław	7322		Masters M - 40	133	01:50:43	03:19:53.55	03:21:11.60	+01:32:28 (46.0%)	9:31	6.3 (54.3%)
134	MIKOŁAJCZAK Rafał	7282		Masters M - 40	134	01:51:48	03:20:34.70	03:21:18.65	+01:32:36 (46.0%)	9:33	6.3 (54.3%)
135	ŁOJEWSKI Mariusz	7161	1 BRYGADA LOGISTYCZNA	Masters M - 40	135	01:43:00	03:21:22.35	03:21:27.20	+01:32:44 (46.0%)	9:35	6.3 (54.3%)
136	WOJCIECHOWSKI Pawel	7100		Masters M - 40	136	01:43:45	03:21:23.55	03:22:47.10	+01:34:04 (46.4%)	9:35	6.3 (54.3%)
137	KONIECZNY Marek	7117		Masters M - 40	137	01:48:42	03:20:20.75	03:23:56.35	+01:35:13 (46.7%)	9:32	6.3 (54.3%)
138	STAWUJAK Jacek	7727		Masters M - 40	138	01:47:48	03:22:07.90	03:24:04.00	+01:35:21 (46.7%)	9:37	6.2 (53.4%)
139	KOZIKOWSKI Krzysztof	7951	KB SZAMOTUŁY	Masters M - 40	139	01:50:26	03:22:42.70	03:24:09.50	+01:35:26 (46.8%)	9:39	6.2 (53.4%)
140	JERCZYŃSKI Tomasz	7742		Masters M - 40	140	01:51:15	03:21:21.75	03:24:19.75	+01:35:37 (46.8%)	9:35	6.3 (54.3%)
141	CZERWONKA Krzysztof	7922	WKS KARWIANY	Masters M - 40	141	01:56:55	03:21:40.85	03:24:31.40	+01:35:48 (46.8%)	9:36	6.2 (53.4%)
142	ZACZEK Przemysław	7554		Masters M - 40	142	01:43:43	03:23:19.35	03:25:03.10	+01:36:20 (47.0%)	9:40	6.2 (53.4%)
143	SZPILA Robert	7049		Masters M - 40	143	01:50:04	03:23:52.15	03:25:28.25	+01:36:45 (47.1%)	9:42	6.2 (53.4%)
144	CYLICH Paweł	7362	DJ NIUTON	Masters M - 40	144	01:53:59	03:22:35.20	03:25:44.25	+01:37:01 (47.2%)	9:38	6.2 (53.4%)
145	ŚLEDZIEWSKI Marcin	7516		Masters M - 40	145	01:54:11	03:24:17.50	03:26:37.60	+01:37:54 (47.4%)	9:43	6.2 (53.4%)
146	PROKOPCZYK Jarosław	7408		Masters M - 40	146	02:08:16	03:26:28.90	03:27:42.35	+01:38:59 (47.7%)	9:49	6.1 (52.6%)
147	GRAFENDER Michał	7828		Masters M - 40	147	01:54:38	03:26:08.65	03:28:01.00	+01:39:18 (47.7%)	9:48	6.1 (52.6%)
148	DOLNY Maciej	7655		Masters M - 40	148	01:51:18	03:25:10.90	03:28:30.20	+01:39:47 (47.9%)	9:46	6.1 (52.6%)
149	OSTROWSKI Łukasz	7237	ANTEX TEAM	Masters M - 40	149	01:56:54	03:25:19.45	03:28:54.35	+01:40:11 (48.0%)	9:46	6.1 (52.6%)
150	KASZUBA Paweł	7363		Masters M - 40	150	01:53:36	03:25:40.05	03:29:21.55	+01:40:38 (48.1%)	9:47	6.1 (52.6%)
151	GALUS Tomasz	7904		Masters M - 40	151	01:49:29	03:30:46.75	03:30:57.90	+01:42:15 (48.5%)	10:02	6 (51.7%)
152	ZAGRAJEK Tomasz	7638		Masters M - 40	152	02:01:48	03:27:56.95	03:30:59.25	+01:42:16 (48.5%)	9:54	6.1 (52.6%)
153	JERCZYŃSKI Radosław	7685		Masters M - 40	153	01:54:15	03:28:27.35	03:31:26.15	+01:42:43 (48.6%)	9:55	6 (51.7%)
154	PIETRUSEWICZ Marcin	7001	NULLPTR	Masters M - 40	154	01:50:54	03:30:45.20	03:31:29.70	+01:42:47 (48.6%)	10:02	6 (51.7%)
155	SKRUDLIK Wojciech	7785	NIGHT RUNNERS	Masters M - 40	155	01:54:32	03:30:01.35	03:31:31.15	+01:42:48 (48.6%)	10:00	6 (51.7%)
156	ROSOLSKI Paweł	7340	NOCNA SOWA	Masters M - 40	156	01:53:58	03:29:43.65	03:32:14.45	+01:43:31 (48.8%)	9:59	6 (51.7%)
157	SIRKO Łukasz	7171		Masters M - 40	157	01:58:40	03:30:34.30	03:33:39.75	+01:44:57 (49.1%)	10:01	6 (51.7%)
158	SOKALSKI Krzysztof	7597		Masters M - 40	158	01:55:48	03:32:33.80	03:35:34.45	+01:46:51 (49.6%)	10:07	5.9 (50.9%)
159	GĄŁĄZKA Jarosław	7592	BBL BOGDANIEC	Masters M - 40	159	01:55:13	03:33:03.90	03:35:37.25	+01:46:54 (49.6%)	10:08	5.9 (50.9%)
160	KOZŁOWSKI Tomasz	7584	BBL LASY BOGDANIEC	Masters M - 40	160	01:55:03	03:33:03.30	03:35:37.55	+01:46:54 (49.6%)	10:08	5.9 (50.9%)
161	BUGAJSKI Marcin	7833		Masters M - 40	161	01:50:47	03:35:27.20	03:35:38.95	+01:46:56 (49.6%)	10:15	5.8 (50.0%)

Place	Participant	Number	Club	Category	MCat	B1 10.3km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
162	GABOR Maciej	7707		Masters M - 40	162	01:53:17	03:33:35.40	03:36:27.95	+01:47:45 (49.8%)	10:10	5.9 (50.9%)
163	FEDEROWICZ Mariusz	39		Masters M - 40	163	01:23:34	03:36:51.30	03:37:07.05	+01:48:24 (49.9%)	10:19	5.8 (50.0%)
164	CZAJOR Krzysztof	7529		Masters M - 40	164	01:54:24	03:35:58.10	03:37:16.85	+01:48:34 (50.0%)	10:17	5.8 (50.0%)
165	GROCHULSKI Borys	7442		Masters M - 40	165	01:56:10	03:35:40.20	03:38:07.05	+01:49:24 (50.2%)	10:16	5.8 (50.0%)
166	KOWALCZYK Michał	7757	NMTW TEAM	Masters M - 40	166	01:53:31	03:36:24.90	03:39:17.15	+01:50:34 (50.4%)	10:18	5.8 (50.0%)
167	PLESZCZYŃSKI Piotr	7123	MAMY TO	Masters M - 40	167	02:02:48	03:39:47.45	03:41:43.40	+01:53:00 (51.0%)	10:27	5.7 (49.1%)
168	DOBOSZ Leszek	33		Masters M - 40	168		03:39:22.85	03:43:07.95	+01:54:25 (51.3%)	10:26	5.7 (49.1%)
169	KACZMAREK Adam	7380		Masters M - 40	169	02:09:10	03:42:52.85	03:43:09.15	+01:54:26 (51.3%)	10:36	5.7 (49.1%)
170	MOŚ Dariusz	7684		Masters M - 40	170	02:02:00	03:40:38.40	03:43:38.45	+01:54:55 (51.4%)	10:30	5.7 (49.1%)
171	GAPSKI Adam	16		Masters M - 40	171	02:07:58	03:47:26.50	03:48:33.85	+01:59:51 (52.4%)	10:49	5.5 (47.4%)
172	WOJTKOWIAK Łukasz	7621	BIEGACZAMATOR	Masters M - 40	172	02:01:09	03:45:18.95	03:49:01.50	+02:00:18 (52.5%)	10:43	5.6 (48.3%)
173	WIECZOREK Artur	7061	FSD RUN DREZDENKO	Masters M - 40	173	02:10:44	03:56:13.25	03:56:39.45	+02:07:56 (54.1%)	11:14	5.3 (45.7%)
174	KRZESZEWSKI Krzysztof	7412		Masters M - 40	174	02:02:01	03:58:13.90	03:59:11.05	+02:10:28 (54.5%)	11:20	5.3 (45.7%)
175	WIŚNIEWSKI Tomasz	7207		Masters M - 40	175	02:12:02	03:58:36.70	04:02:06.05	+02:13:23 (55.1%)	11:21	5.3 (45.7%)
176	WOLEK Marcin	7734		Masters M - 40	176	02:14:55	04:03:01.55	04:03:44.90	+02:15:02 (55.4%)	11:34	5.2 (44.8%)
177	ZGÓRSKI Maciej	7037	WKURW TEAM	Masters M - 40	177	02:12:22	04:02:48.80	04:04:28.55	+02:15:45 (55.5%)	11:33	5.2 (44.8%)
178	DZIADOWICZ Andrzej	7030	ADRIAN DANILEWICZ GROUP	Masters M - 40	178	02:11:03	04:01:54.85	04:04:44.90	+02:16:02 (55.6%)	11:31	5.2 (44.8%)
179	TOBÓŁA Mariusz	7432		Masters M - 40	179	02:17:43	04:02:50.65	04:05:05.40	+02:16:22 (55.6%)	11:33	5.2 (44.8%)
180	SZYMCZAK Marcin	7036		Masters M - 40	180	02:02:34	04:11:50.20	04:12:03.85	+02:23:21 (56.9%)	11:59	5 (43.1%)
181	KONIECZNY Piotr	7407	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	181	02:21:20	04:17:14.95	04:19:37.55	+02:30:54 (58.1%)	12:14	4.9 (42.2%)
182	MOL Rafał	7438	GRUPA BIEGOWA ENERGY KACZORY	Masters M - 40	182	02:16:17	04:16:56.85	04:20:29.10	+02:31:46 (58.3%)	12:14	4.9 (42.2%)
183	WILMAŃSKI Dariusz	7093		Masters M - 40	183	02:21:17	04:21:39.20	04:22:54.05	+02:34:11 (58.6%)	12:27	4.8 (41.4%)
184	PŁATEK Krzysztof	7862		Masters M - 40	184	02:10:09	04:28:11.40	04:31:06.35	+02:42:23 (59.9%)	12:46	4.7 (40.5%)
185	KĘSICKI Rafał	7414		Masters M - 40	185	02:24:00	04:34:12.65	04:37:56.50	+02:49:13 (60.9%)	13:03	4.6 (39.7%)
186	SZUBA Teofil	7944		Masters M - 40	186	02:30:27	04:50:44.05	04:54:07.85	+03:05:25 (63.0%)	13:50	4.3 (37.1%)
	KAMIŃSKI Artur	7609	PRZEDWOJEWSKI TEAM	Masters M - 40		01:05:45 DNF	DNF	DNF		-	-(0.0%)
	KUŻNIAK Marcin	7164		Masters M - 40		01:15:04 DNF	DNF	DNF		-	-(0.0%)
	WÓJCIK Jacek	7246		Masters M - 40		02:23:52 DNF	DNF	DNF		-	-(0.0%)
	ZIENKIEWICZ Jan	7704	BIEGACZE ŚWINOUJŚCIE	Masters M - 40		02:37:31 DNF	DNF	DNF		-	-(0.0%)
	ANDRZEJEWSKI Patryk	7326		Masters M - 40		DNF	DNF	DNF		-	-(0.0%)

Total 191 results.