

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-19
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	ŻUCHOWSKI Daniel	589	MUAY RUNNING TEAM	Senior II M - 30	1	00:58:06	01:42:21.40	01:42:22.85		4:52	12.3 (100%)
2	WOLAŃSKI Jan	559		Senior II M - 30	2	00:59:31	01:44:54.25	01:45:00.00	+00:02:37 (2.5%)	4:59	12 (97.6%)
3	STAWSKI Michał	335	TRUCHT.COM	Senior II M - 30	3	01:00:11	01:45:45.70	01:45:47.15	+00:03:24 (3.2%)	5:02	11.9 (96.7%)
4	WOLBACH Tomasz	535	WOLNE ŚLIMAKI	Senior II M - 30	4	01:03:50	01:51:18.00	01:51:22.70	+00:08:59 (8.1%)	5:18	11.3 (91.9%)
5	KWARTA Maciej	199	BATALION DOWODZENIA MARYNARKI WOJENNEJ7LP	Senior II M - 30	5	01:03:38	01:52:23.45	01:52:24.05	+00:10:01 (8.9%)	5:21	11.2 (91.1%)
6	SYCHOWICZ Daniel	562	GRAZIA RUNNING	Senior II M - 30	6	01:03:44	01:52:24.45	01:52:25.80	+00:10:02 (8.9%)	5:21	11.2 (91.1%)
7	KLOCEK Bartłomiej	314	CRAGMAGAZINE.PL	Senior II M - 30	7	01:03:26	01:53:56.15	01:54:05.85	+00:11:43 (10.3%)	5:25	11.1 (90.2%)
8	WYKA Błażej	655	PCH RUN	Senior II M - 30	8	01:06:35	01:54:49.25	01:54:54.45	+00:12:31 (10.9%)	5:28	11 (89.4%)
9	MIKUŚ Marcin	552		Senior II M - 30	9	01:02:41	01:54:28.45	01:55:15.60	+00:12:52 (11.2%)	5:27	11 (89.4%)
10	KOPYCZOK Michał	118	TYSŁAWA TEAM	Senior II M - 30	10	01:05:07	01:55:47.50	01:55:50.85	+00:13:28 (11.6%)	5:30	10.9 (88.6%)
11	URBAŃCZYK Grzegorz	511	FOR RUN TEAM & ADRUNALINE	Senior II M - 30	11	01:03:42	01:56:10.15	01:56:11.50	+00:13:48 (11.9%)	5:31	10.8 (87.8%)
12	WASIEWICZ Adam	390	TRENERBIEGANIA.PL	Senior II M - 30	12	01:04:35	01:56:54.75	01:56:57.20	+00:14:34 (12.5%)	5:34	10.8 (87.8%)
13	MATREJEK Michał	620	CRAGSPORT	Senior II M - 30	13	01:06:44	01:57:34.70	01:57:45.35	+00:15:22 (13.1%)	5:35	10.7 (87.0%)
14	BŁASZYK Mateusz	498	BETONOWY WOJTEK	Senior II M - 30	14	01:09:42	01:59:26.20	01:59:28.60	+00:17:05 (14.3%)	5:41	10.5 (85.4%)
15	SONCIŃSKI Tomasz	496		Senior II M - 30	15	01:09:32	02:00:02.85	02:00:08.20	+00:17:45 (14.8%)	5:43	10.5 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	KUTYBA Mariusz	347	WOLNE ŚLIMAKI	Senior II M - 30	16	01:08:40	02:00:06.60	02:00:12.35	+00:17:49 (14.8%)	5:43	10.5 (85.4%)
17	ZĄLUBSKI Jacek	607	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	17	01:06:33	02:00:08.10	02:00:14.35	+00:17:51 (14.9%)	5:43	10.5 (85.4%)
18	JARZAB Piotr	123	SOLEC KUJAWSKI	Senior II M - 30	18	01:11:08	02:00:40.45	02:00:45.95	+00:18:23 (15.2%)	5:44	10.4 (84.6%)
19	ŁUŻNIAK Wojciech	550	POCO LOCO ADVENTURE / JKJ	Senior II M - 30	19	01:08:32	02:03:05.85	02:03:16.70	+00:20:53 (17.0%)	5:51	10.2 (82.9%)
20	KOWALIK Tomasz	657	UKW BYDGOSZCZ	Senior II M - 30	20	01:05:07	02:03:31.05	02:03:33.75	+00:21:10 (17.1%)	5:52	10.2 (82.9%)
21	KUBISZTAL Wojciech	2	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	21	01:07:13	02:04:41.95	02:04:46.55	+00:22:23 (17.9%)	5:56	10.1 (82.1%)
22	KORZAŃSKI Krystian	451	36HDCZB	Senior II M - 30	22	01:11:01	02:05:06.55	02:05:13.10	+00:22:50 (18.2%)	5:57	10.1 (82.1%)
23	MORMUL Przemek	621	PANALPINA	Senior II M - 30	23	01:13:08	02:05:32.35	02:05:34.10	+00:23:11 (18.5%)	5:58	10 (81.3%)
24	BLANIK Marek	289	RADLIN	Senior II M - 30	24	01:11:26	02:05:43.05	02:05:57.40	+00:23:34 (18.7%)	5:59	10 (81.3%)
25	DARMETKO Rafal	629		Senior II M - 30	25	01:10:42	02:06:52.05	02:06:58.15	+00:24:35 (19.4%)	6:02	9.9 (80.5%)
26	STANĚK Duřan	364	OSTRAVA FACTORY RACING	Senior II M - 30	26	01:09:20	02:08:34.65	02:08:42.25	+00:26:19 (20.5%)	6:07	9.8 (79.7%)
27	SIERŻANT Sławomir	304	SE16N.COM	Senior II M - 30	27	01:10:37	02:10:14.85	02:10:28.85	+00:28:06 (21.5%)	6:12	9.7 (78.9%)
28	WYROŚLAK Józef	8		Senior II M - 30	28	01:11:22	02:08:59.65	02:10:33.25	+00:28:10 (21.6%)	6:08	9.8 (79.7%)
29	ŚMIECH Daniel	612	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	29	01:12:46	02:10:30.65	02:10:36.80	+00:28:13 (21.6%)	6:12	9.7 (78.9%)
30	PODWÓJCI Michał	433		Senior II M - 30	30	01:14:38	02:11:10.65	02:11:14.40	+00:28:51 (22.0%)	6:14	9.6 (78.0%)
31	LEWANDOWSKI Wojciech	608	TMTEAM	Senior II M - 30	31	01:13:53	02:11:28.75	02:11:51.10	+00:29:28 (22.4%)	6:15	9.6 (78.0%)
32	OCHMAN Paweł	428	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	32	01:15:20	02:12:02.25	02:12:10.00	+00:29:47 (22.5%)	6:17	9.5 (77.2%)
33	BORKOWSKI Mateusz	512	WATAHA PÓŁNOCY/FOR RUN TEAM	Senior II M - 30	33	01:14:16	02:12:00.55	02:12:34.85	+00:30:12 (22.8%)	6:17	9.5 (77.2%)
34	DEMKOWSKI Marcin	516		Senior II M - 30	34	01:14:05	02:12:06.80	02:12:49.25	+00:30:26 (22.9%)	6:17	9.5 (77.2%)
35	KURZAWSKI Michał	86	SZYBKI KURZ	Senior II M - 30	35	01:17:08	02:12:43.95	02:12:50.70	+00:30:27 (22.9%)	6:19	9.5 (77.2%)
36	DĘBICKI Łukasz	406	RCI WROCŁAW	Senior II M - 30	36	01:12:40	02:11:41.35	02:13:02.90	+00:30:40 (23.0%)	6:16	9.6 (78.0%)
37	WIERZBOWY Przemek	604		Senior II M - 30	37	01:08:32	02:13:04.25	02:13:11.60	+00:30:48 (23.1%)	6:20	9.5 (77.2%)
38	CHODOROWSKI Krzysztof	32	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	38	01:13:42	02:13:01.90	02:13:19.45	+00:30:56 (23.2%)	6:20	9.5 (77.2%)

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39	OLESZOWSKI Marcin	602	LUXON LED	Senior II M - 30	39	01:14:21	02:13:35.25	02:13:39.75	+00:31:16 (23.4%)	6:21	9.4 (76.4%)
40	WAŻNY Dariusz	120	WAŻNY TEAM	Senior II M - 30	40	01:13:43	02:15:12.85	02:15:31.75	+00:33:08 (24.5%)	6:26	9.3 (75.6%)
41	WISŁOBOCKI Maciej	322		Senior II M - 30	41	01:13:20	02:15:18.10	02:16:32.95	+00:34:10 (25.0%)	6:26	9.3 (75.6%)
42	KRUPIŃSKI Zbigniew	345	KOŁO BIEGA	Senior II M - 30	42	01:18:51	02:16:33.65	02:17:12.30	+00:34:49 (25.4%)	6:30	9.2 (74.8%)
43	KORCZYK Jakub	393		Senior II M - 30	43	01:16:18	02:17:22.15	02:17:30.65	+00:35:07 (25.5%)	6:32	9.2 (74.8%)
44	DUBIEL Piotr	306	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	Senior II M - 30	44	01:13:36	02:17:35.80	02:17:37.90	+00:35:15 (25.6%)	6:33	9.2 (74.8%)
45	MATEJCZUK Jarosław	539	KS ALASKA	Senior II M - 30	45	01:13:21	02:18:08.10	02:18:16.10	+00:35:53 (26.0%)	6:34	9.1 (74.0%)
46	SZMIDT Karol	454		Senior II M - 30	46	01:16:30	02:18:24.30	02:18:27.00	+00:36:04 (26.1%)	6:35	9.1 (74.0%)
47	FISZER Lukasz	252	LESZ NO LIMITS RUNNERS	Senior II M - 30	47	01:19:52	02:17:36.00	02:18:34.95	+00:36:12 (26.1%)	6:33	9.2 (74.8%)
48	WYWROT Grzegorz	162		Senior II M - 30	48	01:17:55	02:18:12.30	02:18:35.95	+00:36:13 (26.1%)	6:34	9.1 (74.0%)
49	KOTKIEWICZ Karol	425	LOTOS RUNNING TEAM	Senior II M - 30	49	01:17:09	02:19:20.45	02:19:22.45	+00:36:59 (26.5%)	6:38	9 (73.2%)
50	KOCOŁ Tomasz	424		Senior II M - 30	50	01:20:21	02:19:26.45	02:19:53.10	+00:37:30 (26.8%)	6:38	9 (73.2%)
51	PAWLAK Gabriel	131	ERGOCONCEPT	Senior II M - 30	51	01:18:31	02:19:30.20	02:19:59.80	+00:37:36 (26.9%)	6:38	9 (73.2%)
52	GAŁEK Aleksander	248	PRAGMATIQ.PL	Senior II M - 30	52	01:21:10	02:21:07.90	02:21:17.75	+00:38:54 (27.5%)	6:43	8.9 (72.4%)
53	PIĘTA Marcin	273	GRUPA PANA TOLKA	Senior II M - 30	53	01:20:24	02:20:40.30	02:22:13.25	+00:39:50 (28.0%)	6:41	9 (73.2%)
54	PIETRASZEWSKI Witold	176	NETBOX BIEGA / GOSTYŃ EASY TRAIL / LESZNO LIMITS RUNNERS	Senior II M - 30	54	01:20:47	02:22:54.05	02:22:56.05	+00:40:33 (28.4%)	6:48	8.8 (71.5%)
55	KULCZYCKI Marek	361		Senior II M - 30	55	01:15:39	02:23:02.90	02:23:07.80	+00:40:44 (28.5%)	6:48	8.8 (71.5%)
56	CHRZANOWSKI Paweł	520		Senior II M - 30	56	01:16:54	02:23:20.10	02:23:21.65	+00:40:58 (28.6%)	6:49	8.8 (71.5%)
57	ROŻKO Sebastian	19	GRYF-INO TEAM	Senior II M - 30	57	01:19:53	02:22:48.65	02:23:36.90	+00:41:14 (28.7%)	6:48	8.8 (71.5%)
58	GAŁUSZKA Wojciech	575		Senior II M - 30	58	01:20:41	02:22:59.30	02:24:13.25	+00:41:50 (29.0%)	6:48	8.8 (71.5%)
59	CHRZĄSZCZ Damian	164		Senior II M - 30	59	01:21:11	02:23:32.95	02:24:14.80	+00:41:51 (29.0%)	6:50	8.8 (71.5%)
60	BUDYCH Arek	456	PACHNĄCE PAPCIE	Senior II M - 30	60	01:21:29	02:24:02.30	02:24:28.40	+00:42:05 (29.1%)	6:51	8.7 (70.7%)
61	SYGNAT Marcin	180		Senior II M - 30	61	01:20:00	02:24:23.80	02:24:30.95	+00:42:08 (29.2%)	6:52	8.7 (70.7%)

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62	JAKUBCZAK Konrad	96	DEBEŚCIAK	Senior II M - 30	62	01:18:56	02:24:34.00	02:24:54.55	+00:42:31 (29.3%)	6:53	8.7 (70.7%)
63	RELEWICZ Maciej	536	WOLNE ŚLIMAKI	Senior II M - 30	63	01:23:30	02:24:35.60	02:25:00.00	+00:42:37 (29.4%)	6:53	8.7 (70.7%)
64	DRESZER Bartosz	658		Senior II M - 30	64	01:18:11	02:25:20.65	02:25:24.00	+00:43:01 (29.6%)	6:55	8.7 (70.7%)
65	MARZEC Łukasz	238		Senior II M - 30	65	01:19:30	02:24:41.65	02:25:26.90	+00:43:04 (29.6%)	6:53	8.7 (70.7%)
66	BYŚ Mateusz	37		Senior II M - 30	66	01:20:55	02:25:32.55	02:25:58.75	+00:43:35 (29.9%)	6:55	8.7 (70.7%)
67	STRZELCZYK Wiktor	288	HUSARIA RACE TEAM	Senior II M - 30	67	01:17:08	02:26:41.05	02:26:49.75	+00:44:26 (30.3%)	6:59	8.6 (69.9%)
68	NOGA Jarek	311	CRAGMAGAZINE.PL	Senior II M - 30	68	01:19:35	02:27:08.85	02:27:19.25	+00:44:56 (30.5%)	7:00	8.6 (69.9%)
69	ZYWAN Michał	650		Senior II M - 30	69	01:23:14	02:26:58.95	02:27:42.45	+00:45:19 (30.7%)	6:59	8.6 (69.9%)
70	WOŹNIAK Waldemar	623		Senior II M - 30	70	01:22:52	02:28:34.10	02:28:42.50	+00:46:19 (31.2%)	7:04	8.5 (69.1%)
71	PISAREK Marcin	417		Senior II M - 30	71	01:23:13	02:28:19.05	02:28:56.95	+00:46:34 (31.3%)	7:03	8.5 (69.1%)
72	TROJANOWSKI Jakub	250	1982	Senior II M - 30	72	01:26:29	02:29:04.90	02:29:26.55	+00:47:03 (31.5%)	7:05	8.5 (69.1%)
73	NERKOWSKI Paweł	319		Senior II M - 30	73	01:21:12	02:29:20.25	02:29:27.85	+00:47:05 (31.5%)	7:06	8.4 (68.3%)
74	WŁODARCZYK Maciej	616	KB HARCOWNIK JELCZ-LASKOWICE	Senior II M - 30	74	01:23:49	02:29:08.50	02:29:39.95	+00:47:17 (31.6%)	7:06	8.4 (68.3%)
75	ŁABĘDZKI Łukasz	556		Senior II M - 30	75	01:24:03	02:30:03.95	02:30:20.60	+00:47:57 (31.9%)	7:08	8.4 (68.3%)
76	SZABAT Daniel	247		Senior II M - 30	76	01:21:33	02:29:27.80	02:30:23.15	+00:48:00 (31.9%)	7:07	8.4 (68.3%)
77	WĘGRZYŃSKI Paweł	60	ITMBW KRAKÓW	Senior II M - 30	77	01:21:30	02:30:28.05	02:30:38.05	+00:48:15 (32.0%)	7:09	8.4 (68.3%)
78	MASTALERZ Michał	134	RAJSPORT ACTIVE	Senior II M - 30	78	01:20:10	02:30:50.75	02:30:55.55	+00:48:32 (32.2%)	7:11	8.4 (68.3%)
79	WOJTOWICZ Ernest	636	KB HARCOWNIK	Senior II M - 30	79	01:23:57	02:30:28.75	02:30:59.85	+00:48:37 (32.2%)	7:09	8.4 (68.3%)
80	CUKROWSKI Marcin	261	BALLUFF RUNNING TEAM	Senior II M - 30	80	01:27:46	02:30:45.00	02:32:02.60	+00:49:39 (32.7%)	7:10	8.4 (68.3%)
81	OŻÓG Grzegorz	630		Senior II M - 30	81	01:23:32	02:32:46.30	02:33:01.70	+00:50:38 (33.1%)	7:16	8.2 (66.7%)
82	WIECZOREK Piotr	337		Senior II M - 30	82	01:24:58	02:34:22.40	02:34:53.95	+00:52:31 (33.9%)	7:21	8.2 (66.7%)
83	BANASZKIEWICZ Marcin	410	LIDER WINNICA	Senior II M - 30	83	01:32:33	02:35:47.95	02:35:55.30	+00:53:32 (34.3%)	7:25	8.1 (65.9%)
84	NOWAK Łukasz	379		Senior II M - 30	84	01:32:46	02:34:17.80	02:35:56.25	+00:53:33 (34.3%)	7:20	8.2 (66.7%)

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85	PIETRZYK Tomasz	1	ŚWIDNICKA GRUPA BIEGOWA	Senior II M - 30	85	01:27:09	02:36:11.50	02:36:21.35	+00:53:58 (34.5%)	7:26	8.1 (65.9%)
86	ROŚŁON Cezary	461	MAMERO	Senior II M - 30	86	01:27:12	02:36:33.40	02:36:35.15	+00:54:12 (34.6%)	7:27	8 (65.0%)
87	ANDRUSZEWICZ Maksymilian	663		Senior II M - 30	87	01:28:56	02:35:12.80	02:36:50.85	+00:54:28 (34.7%)	7:23	8.1 (65.9%)
88	BIEL Sławomir	557		Senior II M - 30	88	01:19:03	02:37:04.35	02:37:10.80	+00:54:47 (34.9%)	7:28	8 (65.0%)
89	GŁÓWKA Maciej	201	BE BETTER	Senior II M - 30	89	01:26:30	02:36:41.15	02:37:31.60	+00:55:08 (35.0%)	7:27	8 (65.0%)
90	OLSZEWSKI Michał	318		Senior II M - 30	90	01:28:49	02:37:52.30	02:38:12.00	+00:55:49 (35.3%)	7:31	8 (65.0%)
91	WISZNIEWICZ Piotr	338	BANA DZIEWIONA	Senior II M - 30	91	01:27:06	02:36:44.45	02:38:17.75	+00:55:54 (35.3%)	7:27	8 (65.0%)
92	DOMIŃCZK Jakub	292		Senior II M - 30	92	01:34:50	02:37:54.25	02:38:32.60	+00:56:09 (35.4%)	7:31	8 (65.0%)
93	OBSZARNY Paweł	71		Senior II M - 30	93	01:26:38	02:38:36.65	02:38:48.35	+00:56:25 (35.5%)	7:33	7.9 (64.2%)
94	CZERWONKA Zbigniew	202	1983	Senior II M - 30	94	01:32:23	02:40:13.10	02:40:16.45	+00:57:53 (36.1%)	7:37	7.9 (64.2%)
95	PŁUCIENNICZAK Bartosz	67	KOŁO BIEGA	Senior II M - 30	95	01:32:18	02:39:35.90	02:40:16.65	+00:57:53 (36.1%)	7:36	7.9 (64.2%)
96	MALIHIN Dragos	570		Senior II M - 30	96	01:25:46	02:40:33.20	02:40:44.25	+00:58:21 (36.3%)	7:38	7.8 (63.4%)
97	OSICA Łukasz	528		Senior II M - 30	97	01:32:06	02:41:25.10	02:43:02.75	+01:00:39 (37.2%)	7:41	7.8 (63.4%)
98	KĘDZIERSKI Tomasz	42		Senior II M - 30	98	01:29:53	02:43:27.55	02:43:29.55	+01:01:06 (37.4%)	7:47	7.7 (62.6%)
99	PAWLAK Jarosław	430	KOŁO BIEGA	Senior II M - 30	99	01:31:52	02:43:01.00	02:43:37.95	+01:01:15 (37.4%)	7:45	7.7 (62.6%)
100	JANKOWSKI Rafał	28	KOŁO BIEGA	Senior II M - 30	100	01:28:27	02:43:04.70	02:43:40.55	+01:01:17 (37.4%)	7:45	7.7 (62.6%)
101	BAZYLY Wojciech	340	POCO LOCO	Senior II M - 30	101	01:24:31	02:43:35.20	02:43:58.35	+01:01:35 (37.6%)	7:47	7.7 (62.6%)
102	MICHALAK Jakub	317		Senior II M - 30	102	01:28:12	02:42:55.50	02:44:16.05	+01:01:53 (37.7%)	7:45	7.7 (62.6%)
103	MISZCZAK Szymon	647		Senior II M - 30	103	01:34:02	02:44:17.70	02:44:33.75	+01:02:10 (37.8%)	7:49	7.7 (62.6%)
104	MATAK Paweł	464	MAMERO	Senior II M - 30	104	01:27:13	02:44:53.00	02:44:54.15	+01:02:31 (37.9%)	7:51	7.6 (61.8%)
105	STUCLIK Dawid	386	POTRZYMI MI PIWO	Senior II M - 30	105	01:32:53	02:44:11.50	02:45:44.05	+01:03:21 (38.2%)	7:49	7.7 (62.6%)
106	KRYSIAK Tomasz	156	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	106	01:33:59	02:45:13.15	02:46:21.90	+01:03:59 (38.5%)	7:52	7.6 (61.8%)
107	BALICKI Marcin	122		Senior II M - 30	107	01:29:08	02:46:30.05	02:47:00.00	+01:04:37 (38.7%)	7:55	7.6 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	ŁOŻYŃSKI Kamil	245	KW GLIWICE	Senior II M - 30	108	01:27:31	02:47:16.30	02:47:27.60	+01:05:04 (38.9%)	7:57	7.5 (61.0%)
109	SZUMNY Paweł	472		Senior II M - 30	109	01:33:40	02:46:44.10	02:47:30.05	+01:05:07 (38.9%)	7:56	7.6 (61.8%)
110	WYBRANIEC Tomasz	453		Senior II M - 30	110	01:32:54	02:46:14.30	02:47:47.80	+01:05:24 (39.0%)	7:54	7.6 (61.8%)
111	KRAWCZYK Michał	276	ORANGE IRON TEAM	Senior II M - 30	111	01:29:35	02:46:56.20	02:47:54.90	+01:05:32 (39.0%)	7:56	7.5 (61.0%)
112	WOJRACH Marcin	649	WILDCAT TEAM	Senior II M - 30	112	01:27:46	02:46:59.85	02:48:18.95	+01:05:56 (39.2%)	7:57	7.5 (61.0%)
113	MERCHELSKI Piotr	389	BEZ CIŚNIEŃ	Senior II M - 30	113	01:38:57	02:47:19.65	02:48:37.00	+01:06:14 (39.3%)	7:58	7.5 (61.0%)
114	ZIELIŃSKI Krzysztof	108	NIGHT RUNNERS	Senior II M - 30	114	01:33:00	02:48:24.90	02:49:00.60	+01:06:37 (39.4%)	8:01	7.5 (61.0%)
115	SZYSZKA Konrad	578	WIECZORNE BIEGANIE W SZCZECINIE	Senior II M - 30	115	01:34:51	02:48:51.10	02:49:04.50	+01:06:41 (39.4%)	8:02	7.5 (61.0%)
116	BRZYSKI Grzegorz	561		Senior II M - 30	116	01:36:32	02:48:45.20	02:50:07.35	+01:07:44 (39.8%)	8:02	7.5 (61.0%)
117	MORAWSKI Wojciech	540		Senior II M - 30	117	01:38:44	02:49:02.55	02:50:41.40	+01:08:18 (40.0%)	8:03	7.5 (61.0%)
118	GWOZDECKI Tomasz	189		Senior II M - 30	118	01:35:43	02:50:00.80	02:50:49.65	+01:08:26 (40.1%)	8:05	7.4 (60.2%)
119	BRODA Dominik	43	POSITIVE VIBRATION	Senior II M - 30	119	01:29:06	02:51:57.85	02:52:01.90	+01:09:39 (40.5%)	8:11	7.3 (59.3%)
120	KOBLAŃSKI Tomasz	65		Senior II M - 30	120	01:37:36	02:52:18.85	02:52:35.30	+01:10:12 (40.7%)	8:12	7.3 (59.3%)
121	RYCHLEWICZ Tomasz	35	EXPLAIN EVERYTHING	Senior II M - 30	121	01:31:59	02:52:04.55	02:52:41.70	+01:10:18 (40.7%)	8:11	7.3 (59.3%)
122	GAPSKI Piotr	411	LOFT TEAM EXTREME	Senior II M - 30	122	01:37:58	02:53:01.45	02:53:24.00	+01:11:01 (41.0%)	8:14	7.3 (59.3%)
123	MACHOWSKI Kris	434	BEZ GRANIC	Senior II M - 30	123	01:41:27	02:52:56.60	02:54:25.85	+01:12:03 (41.3%)	8:14	7.3 (59.3%)
124	LISOWSKI Maciej	420		Senior II M - 30	124	01:32:58	02:53:45.85	02:55:05.85	+01:12:43 (41.5%)	8:16	7.3 (59.3%)
125	KĘPSKI Grzegorz	469		Senior II M - 30	125	01:39:00	02:55:00.65	02:55:25.65	+01:13:02 (41.6%)	8:20	7.2 (58.5%)
126	STEFANOWICZ Piotr	651	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	126	01:33:24	02:55:26.50	02:55:38.95	+01:13:16 (41.7%)	8:21	7.2 (58.5%)
127	LEWANDOWSKI Rafal	87	BIEGAM BO NIE LUBIE	Senior II M - 30	127	01:38:05	02:55:40.85	02:55:53.45	+01:13:30 (41.8%)	8:21	7.2 (58.5%)
128	NAMNI Fatih	571		Senior II M - 30	128	01:37:41	02:54:33.15	02:56:04.90	+01:13:42 (41.9%)	8:18	7.2 (58.5%)
129	RYTYCH Grzegorz	626	HUSARIA RACE TEAM	Senior II M - 30	129	01:38:19	02:56:27.75	02:57:24.55	+01:15:01 (42.3%)	8:24	7.1 (57.7%)
130	GOŹDZIKOWSKI Bartosz	61	KOŁO BIEGA	Senior II M - 30	130	01:37:05	02:56:50.55	02:57:31.75	+01:15:08 (42.3%)	8:25	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	STASZEWSKI Dariusz	91		Senior II M - 30	131	01:35:24	02:57:25.50	02:57:57.35	+01:15:34 (42.5%)	8:26	7.1 (57.7%)
132	ZIUBIŃSKI Paweł	419		Senior II M - 30	132	01:40:38	02:59:15.80	03:01:01.95	+01:18:39 (43.4%)	8:32	7 (56.9%)
133	CICHY Roman	222	MUAY RUNNING TEAM	Senior II M - 30	133	01:42:52	03:00:48.35	03:01:54.65	+01:19:31 (43.7%)	8:36	7 (56.9%)
134	KARASIŃSKI Jacek	638		Senior II M - 30	134	01:41:56	03:01:12.15	03:02:10.35	+01:19:47 (43.8%)	8:37	7 (56.9%)
135	PATYRA Łukasz	82		Senior II M - 30	135	01:38:52	03:02:13.80	03:02:34.25	+01:20:11 (43.9%)	8:40	6.9 (56.1%)
136	NETOLICKÝ Martin	13	BLEEDING NIPPLE RUNNER	Senior II M - 30	136	01:43:30	03:01:20.25	03:03:07.50	+01:20:44 (44.1%)	8:38	6.9 (56.1%)
137	PUCHALSKI Przemysław	233		Senior II M - 30	137	01:43:58	03:01:51.90	03:03:07.95	+01:20:45 (44.1%)	8:39	6.9 (56.1%)
138	ZASTAWNY Michał	213		Senior II M - 30	138	01:42:46	03:02:50.30	03:04:05.45	+01:21:42 (44.4%)	8:42	6.9 (56.1%)
139	PODSADNY Bartosz	301		Senior II M - 30	139	01:35:07	03:03:56.45	03:04:30.65	+01:22:07 (44.5%)	8:45	6.9 (56.1%)
140	ZAKRZEWSKI Piotr	30		Senior II M - 30	140	01:36:33	03:05:00.30	03:05:15.60	+01:22:52 (44.7%)	8:48	6.8 (55.3%)
141	IWIŃSKI Marcin	637	WOLNE ŚLIMAKI	Senior II M - 30	141	01:40:28	03:05:25.30	03:06:17.65	+01:23:54 (45.0%)	8:49	6.8 (55.3%)
142	KWAŚNIOK Rafał	119	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	142	01:40:59	03:04:58.35	03:06:26.95	+01:24:04 (45.1%)	8:48	6.8 (55.3%)
143	WESOŁY Maciej	66	KOLO BIEGA	Senior II M - 30	143	01:37:12	03:07:24.40	03:08:05.50	+01:25:42 (45.6%)	8:55	6.7 (54.5%)
144	ŚPIEWAK Radosław	83		Senior II M - 30	144	01:41:17	03:07:09.40	03:08:19.95	+01:25:57 (45.6%)	8:54	6.7 (54.5%)
145	CIEŚLAK Łukasz	572		Senior II M - 30	145	01:43:28	03:07:51.05	03:08:35.30	+01:26:12 (45.7%)	8:56	6.7 (54.5%)
146	SMOGORZEWSKI Michał	79	WKURW_TEAM	Senior II M - 30	146	01:43:27	03:09:13.70	03:10:28.05	+01:28:05 (46.2%)	9:00	6.7 (54.5%)
147	KRZYŻEWSKI Roger	165		Senior II M - 30	147	01:44:01	03:10:27.95	03:10:33.80	+01:28:10 (46.3%)	9:04	6.6 (53.7%)
148	KUBIAK Przemek	376		Senior II M - 30	148	01:41:39	03:09:32.15	03:10:42.70	+01:28:19 (46.3%)	9:01	6.6 (53.7%)
149	KONIECZNY Piotr	316	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	149	01:50:06	03:13:32.80	03:14:33.60	+01:32:10 (47.4%)	9:13	6.5 (52.8%)
150	MAĆZYŃSKI Wiktor	278		Senior II M - 30	150	01:38:35	03:14:12.05	03:14:51.75	+01:32:28 (47.5%)	9:14	6.5 (52.8%)
151	IŃSKI Grzegorz	75	MESONDŽI LAJF STAJL	Senior II M - 30	151	01:45:38	03:14:50.45	03:16:37.70	+01:34:14 (47.9%)	9:16	6.5 (52.8%)
152	SZPONAR Bartłomiej	41		Senior II M - 30	152	01:40:06	03:19:29.75	03:20:47.95	+01:38:25 (49.0%)	9:29	6.3 (51.2%)
153	WIADEREK Piotr	297	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	153	01:56:55	03:21:09.10	03:22:50.55	+01:40:27 (49.5%)	9:34	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	SIMANKOWICZ Sebastian	482		Senior II M - 30	154	01:52:14	03:23:30.75	03:25:17.20	+01:42:54 (50.1%)	9:41	6.2 (50.4%)
155	GALEJA Tomasz	435	BEZ GRANIC	Senior II M - 30	155	01:49:36	03:24:45.40	03:26:13.55	+01:43:50 (50.4%)	9:45	6.2 (50.4%)
156	KULIK Damian	254	M&M&M&M	Senior II M - 30	156	01:48:58	03:20:52.60	03:26:15.95	+01:43:53 (50.4%)	9:33	6.3 (51.2%)
157	SKROBEK Marcin	523		Senior II M - 30	157	01:56:19	03:33:13.30	03:34:34.65	+01:52:11 (52.3%)	10:09	5.9 (48.0%)
158	KRAŚNER Łukasz	20	GREAT GRATULA	Senior II M - 30	158	02:04:55	03:46:59.50	03:47:24.70	+02:05:01 (55.0%)	10:48	5.6 (45.5%)
159	MAŚLANKA Andrzej	93		Senior II M - 30	159	01:58:20	03:47:47.10	03:47:51.95	+02:05:29 (55.1%)	10:50	5.5 (44.7%)
159	GRIESMANN Krzysztof	382	PALACSINTA PATAVAL	Senior II M - 30	160	01:58:22	03:47:48.00	03:47:51.95	+02:05:29 (55.1%)	10:50	5.5 (44.7%)
161	FURMAN Michał	31	OCHAJORUN & FRIENDS	Senior II M - 30	161	01:59:43	03:47:54.00	03:49:26.95	+02:07:04 (55.4%)	10:51	5.5 (44.7%)

Znaleziono 161 wynik(ów)