

ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-18
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II M - 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	SKUPIEŃ Tomasz	6702	MUAY RUNNING TEAM / XRUN	Senior II M - 30	1	00:51:59	01:34:11.00	01:34:12.75		4:29	13.4 (100%)
2	SOBCZAK Daniel	6272	KB SOBÓTKA	Senior II M - 30	2	00:56:11	01:38:50.15	01:38:53.65	+00:04:40 (4.7%)	4:42	12.7 (94.8%)
3	ROSKOSZ Bartosz	6749	JELCZ TRIATHLON PROJECT	Senior II M - 30	3	00:56:03	01:41:59.95	01:42:02.15	+00:07:49 (7.7%)	4:51	12.4 (92.5%)
4	LANGNER Radosław	6409	VEGE RUNNERS	Senior II M - 30	4	00:58:14	01:43:02.05	01:43:04.65	+00:08:51 (8.6%)	4:54	12.2 (91.0%)
5	KWARTA Maciej	6350	JW4846	Senior II M - 30	5	00:58:15	01:43:40.90	01:43:43.90	+00:09:31 (9.2%)	4:56	12.2 (91.0%)
6	GÓRAK Przemysław	6691	KB SOBÓTKA	Senior II M - 30	6	00:59:21	01:44:08.75	01:44:10.85	+00:09:58 (9.6%)	4:57	12.1 (90.3%)
7	FLISIŃSKI Łukasz	6520	1981	Senior II M - 30	7	00:58:10	01:45:32.60	01:45:35.95	+00:11:23 (10.8%)	5:01	11.9 (88.8%)
8	PIEGOWSKI Adam	6364	EUROVENT ATHLETICS	Senior II M - 30	8	00:58:10	01:45:02.05	01:45:45.40	+00:11:32 (10.9%)	5:00	12 (89.6%)
9	WYKA Błażej	6553	PCH_RUN	Senior II M - 30	9	01:00:49	01:46:53.70	01:46:55.40	+00:12:42 (11.9%)	5:05	11.8 (88.1%)
10	WOLAŃSKI Jan	6669		Senior II M - 30	10	01:01:14	01:49:16.90	01:49:19.45	+00:15:06 (13.8%)	5:12	11.5 (85.8%)
11	GRUCEL Sławomir	6574	NOWAK-TEAM	Senior II M - 30	11	01:02:00	01:50:31.55	01:50:35.00	+00:16:22 (14.8%)	5:15	11.4 (85.1%)
12	PAJĄK Tomasz	6629	VEGE RUNNERS	Senior II M - 30	12	01:03:02	01:52:27.25	01:52:30.90	+00:18:18 (16.3%)	5:21	11.2 (83.6%)
13	BAKALARZ Emil	6700		Senior II M - 30	13	01:04:10	01:52:56.70	01:52:58.90	+00:18:46 (16.6%)	5:22	11.2 (83.6%)
14	ROSKOSZ Michał	6757	KAC RUNNING TEAM	Senior II M - 30	14		01:54:01.50	01:54:09.05	+00:19:56 (17.5%)	5:25	11 (82.1%)
15	BAZYL Adam	6373	BREMBO	Senior II M - 30	15	01:05:52	01:56:34.00	01:56:38.05	+00:22:25 (19.2%)	5:33	10.8 (80.6%)
16	MATUŠKA Filip	6088		Senior II M - 30	16	01:03:15	01:56:56.25	01:57:05.85	+00:22:53 (19.5%)	5:34	10.8 (80.6%)
17	PAWLAK Bartosz	6744		Senior II M - 30	17	01:07:19	01:58:37.75	01:58:42.80	+00:24:30 (20.6%)	5:38	10.6 (79.1%)
18	KOSTERKIEWICZ Jarosław	6420		Senior II M - 30	18	01:05:18	01:58:48.00	02:00:29.90	+00:26:17 (21.8%)	5:39	10.6 (79.1%)
19	PRZYBYLSKI Tomasz	6661	W POGONI ZA DUCHEM	Senior II M - 30	19	01:06:55	02:00:45.85	02:00:49.10	+00:26:36 (22.0%)	5:45	10.4 (77.6%)
20	LADENBERGER Mateusz	6219	WAWRZYNTTEAM	Senior II M - 30	20	01:06:35	02:01:10.45	02:01:16.40	+00:27:03 (22.3%)	5:46	10.4 (77.6%)
21	HARKIEWICZ Piotr	6150	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	21	01:09:03	02:01:52.35	02:02:07.75	+00:27:55 (22.9%)	5:48	10.3 (76.9%)
22	CATTI Roberto	6674		Senior II M - 30	22	01:09:59	02:02:17.95	02:03:28.55	+00:29:15 (23.7%)	5:49	10.3 (76.9%)
23	MOLIK Jakub	6626	STR POZNAŃ	Senior II M - 30	23	01:08:16	02:03:27.85	02:03:35.60	+00:29:22 (23.8%)	5:52	10.2 (76.1%)
24	PIKOS Patryk	6137		Senior II M - 30	24	01:08:17	02:04:12.30	02:04:28.30	+00:30:15 (24.3%)	5:54	10.1 (75.4%)
25	MAŁOLEPSZY Damian	6680	SPARTA ULTRA TEAM	Senior II M - 30	25	01:09:46	02:07:49.15	02:08:08.25	+00:33:55 (26.5%)	6:05	9.9 (73.9%)
26	KURZAWSKI Michał	6102	SZYBKI KURZ	Senior II M - 30	26	01:13:00	02:08:37.85	02:08:44.65	+00:34:31 (26.8%)	6:07	9.8 (73.1%)
27	STAWIARZ Paweł	6032	MATNER RUNNING TEAM	Senior II M - 30	27	01:11:16	02:09:08.45	02:09:18.60	+00:35:05 (27.1%)	6:08	9.8 (73.1%)
28	CHYZANWSKI Paweł	6657		Senior II M - 30	28	01:11:03	02:09:15.90	02:09:19.95	+00:35:07 (27.2%)	6:09	9.7 (72.4%)
29	MISZTAŁ Kamil	6576		Senior II M - 30	29	01:09:44	02:10:27.90	02:10:51.40	+00:36:38 (28.0%)	6:12	9.7 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
30	DRESZER Paweł	6018		Senior II M - 30	30		02:10:37.00	02:11:06.00	+00:36:53 (28.1%)	6:13	9.6 (71.6%)
31	KALITA Marcin	6732		Senior II M - 30	31	01:14:12	02:11:04.85	02:11:57.90	+00:37:45 (28.6%)	6:14	9.6 (71.6%)
32	ARUSZTOWICZ Bartosz	6049	HARDCOROWE WYCHYLYLYBYMY	Senior II M - 30	32	01:12:47	02:12:07.85	02:12:20.60	+00:38:07 (28.8%)	6:17	9.5 (70.9%)
33	BIEL Sławomir	6560		Senior II M - 30	33	01:10:00	02:13:16.65	02:13:26.10	+00:39:13 (29.4%)	6:20	9.5 (70.9%)
34	PUCHALSKI Maciej	6380	ODDYCHAJSWOBODNIE.PL	Senior II M - 30	34	01:16:00	02:14:04.40	02:14:20.30	+00:40:07 (29.9%)	6:23	9.4 (70.1%)
35	BOSAKIEWICZ Tomasz	6358	OLAWS ZŁOTORYJA	Senior II M - 30	35	01:12:07	02:14:20.10	02:14:28.45	+00:40:15 (29.9%)	6:23	9.4 (70.1%)
36	HABERNIK Łukasz	6504	HELIOS CZEMPIŃ	Senior II M - 30	36	01:14:00	02:15:30.50	02:15:41.90	+00:41:29 (30.6%)	6:27	9.3 (69.4%)
37	KIECOŃ Michał	6367		Senior II M - 30	37	01:20:43	02:14:37.40	02:15:46.80	+00:41:34 (30.6%)	6:24	9.4 (70.1%)
38	MICHALEWSKI Paweł	6625		Senior II M - 30	38		02:15:16.65	02:16:41.00	+00:42:28 (31.1%)	6:26	9.3 (69.4%)
39	ŁAZNIEWSKI Dawid	6105	EBIEGI.PL	Senior II M - 30	39	01:15:12	02:16:34.20	02:16:58.05	+00:42:45 (31.2%)	6:30	9.2 (68.7%)
40	STRZELCZYK Wiktor	6226	HUSARIA RACE TEAM	Senior II M - 30	40	01:17:17	02:16:58.55	02:17:12.70	+00:42:59 (31.3%)	6:31	9.2 (68.7%)
41	KURZAWIAK Grzegorz	6109		Senior II M - 30	41	01:17:14	02:17:12.55	02:17:27.70	+00:43:14 (31.5%)	6:32	9.2 (68.7%)
42	PAWELEC Mariusz	6296	KUDOWIANKA RUN	Senior II M - 30	42	01:16:15	02:17:43.40	02:18:07.25	+00:43:54 (31.8%)	6:33	9.1 (67.9%)
43	BURA Tomasz	6433		Senior II M - 30	43	01:15:37	02:17:36.50	02:18:08.40	+00:43:55 (31.8%)	6:33	9.2 (68.7%)
44	SOCKI Paweł	6467	KAUA	Senior II M - 30	44	01:14:45	02:18:49.60	02:19:08.25	+00:44:55 (32.3%)	6:36	9.1 (67.9%)
45	BIAŁOŁOCKI Marcin	6637		Senior II M - 30	45	01:19:20	02:17:25.50	02:19:14.80	+00:45:02 (32.3%)	6:32	9.2 (68.7%)
46	TYSZER Łukasz	6538	HAPPY SMILE	Senior II M - 30	46	01:17:50	02:19:10.90	02:19:23.05	+00:45:10 (32.4%)	6:37	9.1 (67.9%)
47	DZIEDZIC Krystian	6302		Senior II M - 30	47	01:15:04	02:19:48.85	02:20:07.10	+00:45:54 (32.8%)	6:39	9 (67.2%)
48	PIWONSKI Adam	6594		Senior II M - 30	48	01:21:20	02:20:49.70	02:21:25.00	+00:47:12 (33.4%)	6:42	8.9 (66.4%)
49	NOWAK Łukasz	6546		Senior II M - 30	49	01:19:33	02:19:41.05	02:21:25.40	+00:47:12 (33.4%)	6:39	9 (67.2%)
50	DZIEDZIŃSKI Łukasz	6503	WOLNY BIEGACZ	Senior II M - 30	50	01:18:09	02:21:15.90	02:21:46.00	+00:47:33 (33.5%)	6:43	8.9 (66.4%)
51	FLASZEWSKI Adam	6093		Senior II M - 30	51	01:17:47	02:21:30.95	02:22:09.65	+00:47:56 (33.7%)	6:44	8.9 (66.4%)
52	PRONOBIS-PROŃSKI Michał	6001	SLOW JOGGING POLSKA	Senior II M - 30	52	01:14:39	02:21:42.35	02:22:39.35	+00:48:26 (34.0%)	6:44	8.9 (66.4%)
53	KAWA Hubert	6596	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	53	01:21:19	02:21:51.85	02:22:59.05	+00:48:46 (34.1%)	6:45	8.9 (66.4%)
54	PODOLSKI Marek	6554	BIEGAMYRAZEM.PL	Senior II M - 30	54	01:20:51	02:22:41.30	02:23:13.10	+00:49:00 (34.2%)	6:47	8.8 (65.7%)
55	STYŁA Kamil	6731	LOS PILOTOS	Senior II M - 30	55	01:20:11	02:22:08.20	02:23:18.95	+00:49:06 (34.3%)	6:46	8.9 (66.4%)
56	DUDEK Maciej	6613		Senior II M - 30	56	01:16:19	02:23:25.80	02:23:46.30	+00:49:33 (34.5%)	6:49	8.8 (65.7%)
57	MAZUR Rafał	6229		Senior II M - 30	57	01:15:18	02:24:00.65	02:24:03.35	+00:49:50 (34.6%)	6:51	8.7 (64.9%)
58	KWACZ Paweł	6734	BALLUFF RUNNING TEAM	Senior II M - 30	58	01:20:09	02:22:40.05	02:24:28.50	+00:50:15 (34.8%)	6:47	8.8 (65.7%)
59	CHUDAŃSKI Maciej	6201		Senior II M - 30	59	01:21:00	02:24:48.05	02:25:32.50	+00:51:19 (35.3%)	6:53	8.7 (64.9%)
60	BYŚ Mateusz	6062		Senior II M - 30	60	01:17:23	02:25:23.50	02:25:51.10	+00:51:38 (35.4%)	6:55	8.7 (64.9%)
61	NOWOTARSKI Wojciech	6343		Senior II M - 30	61	01:20:29	02:25:33.15	02:25:53.75	+00:51:41 (35.4%)	6:55	8.7 (64.9%)
62	KSIĄŻKIEWICZ Bartłomiej	6585	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	62	01:16:14	02:27:20.65	02:27:30.00	+00:53:17 (36.1%)	7:01	8.6 (64.2%)
63	LAZAROWICZ Krzysztof	6206		Senior II M - 30	63	01:23:18	02:26:02.60	02:27:47.25	+00:53:34 (36.3%)	6:57	8.6 (64.2%)
64	PUSDROWSKI Michał	6516	KALENJI BY DECATHLON	Senior II M - 30	64	01:22:22	02:27:49.15	02:27:57.70	+00:53:44 (36.3%)	7:02	8.5 (63.4%)
65	KOCOŁ Tomasz	6127		Senior II M - 30	65	01:22:35	02:27:28.70	02:28:06.40	+00:53:53 (36.4%)	7:01	8.5 (63.4%)
66	PONIATOWSKI Seweryn	6009	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	66	01:22:27	02:28:14.80	02:28:53.45	+00:54:40 (36.7%)	7:03	8.5 (63.4%)
67	MAZUREK Tomasz	6726		Senior II M - 30	67	01:20:10	02:28:35.75	02:29:01.60	+00:54:48 (36.8%)	7:04	8.5 (63.4%)
68	PODSADNY Bartosz	6090		Senior II M - 30	68	01:18:20	02:28:56.40	02:29:18.65	+00:55:05 (36.9%)	7:05	8.5 (63.4%)
69	ROŚŁON Cezary	6706		Senior II M - 30	69	01:24:31	02:29:01.80	02:29:40.75	+00:55:28 (37.1%)	7:05	8.5 (63.4%)
70	WYGLĄDAŁA Michał	6106		Senior II M - 30	70	01:19:54	02:30:17.65	02:30:52.20	+00:56:39 (37.6%)	7:09	8.4 (62.7%)
71	STOŃ Wojciech	6478		Senior II M - 30	71	01:19:55	02:30:17.80	02:30:52.50	+00:56:39 (37.6%)	7:09	8.4 (62.7%)
72	NOWAK Paweł	6508	LAND ROWER WROCŁAW	Senior II M - 30	72	01:21:22	02:30:58.10	02:31:19.30	+00:57:06 (37.7%)	7:11	8.3 (61.9%)
73	LASEK Mikołaj	6649	PAN WUEFISTA	Senior II M - 30	73	01:25:05	02:30:46.80	02:31:28.80	+00:57:16 (37.8%)	7:10	8.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10.3km	21km	21km			
74	MACIEJEWSKI Łukasz	6519		Senior II M - 30	74	01:21:04	02:31:14.40	02:31:35.90	+00:57:23 (37.9%)	7:12	8.3 (61.9%)
75	RYCHLEWICZ Tomasz	6033		Senior II M - 30	75	01:23:27	02:30:50.40	02:31:44.70	+00:57:31 (37.9%)	7:10	8.4 (62.7%)
76	SZUMNY Paweł	6163		Senior II M - 30	76	01:23:41	02:30:57.10	02:32:06.50	+00:57:53 (38.1%)	7:11	8.3 (61.9%)
77	CYL Dawid	6449	FORDONRUNNERS	Senior II M - 30	77	01:25:54	02:31:45.80	02:32:15.95	+00:58:03 (38.1%)	7:13	8.3 (61.9%)
78	SKORUPSKI Szymon	6648	KURACJUSZE	Senior II M - 30	78	01:21:22	02:32:07.80	02:32:39.00	+00:58:26 (38.3%)	7:14	8.3 (61.9%)
79	WÓJCIAK Łukasz	6029		Senior II M - 30	79	01:22:02	02:33:05.15	02:33:38.60	+00:59:25 (38.7%)	7:17	8.2 (61.2%)
80	MAKOWSKI Maciej	6333		Senior II M - 30	80	01:21:36	02:32:27.90	02:33:40.95	+00:59:28 (38.7%)	7:15	8.3 (61.9%)
81	JURCZAK Szymon	6641		Senior II M - 30	81	01:22:30	02:33:00.45	02:33:45.20	+00:59:32 (38.7%)	7:17	8.2 (61.2%)
82	KUBIK Jarosław	6145		Senior II M - 30	82	01:24:23	02:33:54.30	02:34:10.00	+00:59:57 (38.9%)	7:19	8.2 (61.2%)
83	WISZNIEWICZ Piotr	6300	BANA DZIEWIONA	Senior II M - 30	83	01:24:58	02:32:52.35	02:34:33.05	+01:00:20 (39.0%)	7:16	8.2 (61.2%)
84	PÓŁROLNICZAK Paweł	6644		Senior II M - 30	84	01:24:50	02:34:33.60	02:34:56.95	+01:00:44 (39.2%)	7:21	8.2 (61.2%)
85	PIELA Dawid	6755		Senior II M - 30	85	01:26:48	02:34:28.85	02:36:08.15	+01:01:55 (39.7%)	7:21	8.2 (61.2%)
86	DRZEWOWSKI Piotr	6667		Senior II M - 30	86	01:24:20	02:34:11.10	02:36:08.70	+01:01:55 (39.7%)	7:20	8.2 (61.2%)
87	RUDNICKI Krzysztof	6218		Senior II M - 30	87	01:28:42	02:34:47.60	02:36:20.80	+01:02:08 (39.7%)	7:22	8.1 (60.4%)
88	WOŹNIAK Łukasz	6170	NIGHT RUNNERS	Senior II M - 30	88	01:29:22	02:36:41.75	02:36:46.70	+01:02:33 (39.9%)	7:27	8 (59.7%)
89	MISTUR Szymon	6030		Senior II M - 30	89	01:30:26	02:37:20.10	02:38:44.15	+01:04:31 (40.6%)	7:29	8 (59.7%)
90	WYBRANIEC Tomasz	6269		Senior II M - 30	90	01:27:48	02:37:56.40	02:39:31.70	+01:05:18 (40.9%)	7:31	8 (59.7%)
91	MICHALAK Kamil	6121		Senior II M - 30	91	01:26:04	02:38:58.10	02:40:10.50	+01:05:57 (41.2%)	7:34	7.9 (59.0%)
92	KARAŚ Jacek	6743	ZĄŁOGA GÓRSKA	Senior II M - 30	92	01:21:28	02:40:10.15	02:40:22.30	+01:06:09 (41.3%)	7:37	7.9 (59.0%)
93	PŁUCIENNICZAK Bartosz	6031	KOŁO BIEGA	Senior II M - 30	93	01:24:17	02:39:56.20	02:40:35.45	+01:06:22 (41.3%)	7:36	7.9 (59.0%)
94	SKRZELINSKI Pawel	6428	FAURECIA SPORTS TEAM	Senior II M - 30	94	01:28:52	02:40:49.50	02:41:37.20	+01:07:24 (41.7%)	7:39	7.8 (58.2%)
95	BŁASZKOWIAK Błażej	6710		Senior II M - 30	95	01:22:42	02:40:21.25	02:41:53.80	+01:07:41 (41.8%)	7:38	7.9 (59.0%)
96	MORAWSKI Wojciech	6312		Senior II M - 30	96	01:28:32	02:40:09.40	02:42:06.90	+01:07:54 (41.9%)	7:37	7.9 (59.0%)
97	SROKOWSKI Łukasz	6713		Senior II M - 30	97	01:35:44	02:41:35.80	02:43:20.80	+01:09:08 (42.3%)	7:41	7.8 (58.2%)
98	LECH Marcin	6077	NOA	Senior II M - 30	98	01:27:22	02:42:11.00	02:43:22.65	+01:09:09 (42.3%)	7:43	7.8 (58.2%)
99	FLAKA Paweł	6610		Senior II M - 30	99	01:33:50	02:41:59.50	02:43:54.85	+01:09:42 (42.5%)	7:42	7.8 (58.2%)
100	SOBAŃSKI Roman	6235	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	100	01:29:11	02:43:22.60	02:43:55.50	+01:09:42 (42.5%)	7:46	7.7 (57.5%)
101	GARBACZ Damian	6588		Senior II M - 30	101	01:30:36	02:43:10.95	02:44:05.55	+01:09:52 (42.6%)	7:46	7.7 (57.5%)
102	WŁODARCZYK Maciej	6436	KB HARCWINIK	Senior II M - 30	102	01:32:59	02:43:28.95	02:44:12.75	+01:10:00 (42.6%)	7:47	7.7 (57.5%)
103	BARON Przem	6224	CONSTRAVIA	Senior II M - 30	103	01:23:54	02:43:46.50	02:44:53.75	+01:10:41 (42.9%)	7:47	7.7 (57.5%)
104	POGORZELSKI Grzegorz	6656	BWM TEAM	Senior II M - 30	104	01:26:34	02:45:29.45	02:46:06.90	+01:11:54 (43.3%)	7:52	7.6 (56.7%)
105	SIEPIELSKI Damian	6153		Senior II M - 30	105	01:29:49	02:46:08.60	02:46:48.20	+01:12:35 (43.5%)	7:54	7.6 (56.7%)
106	BUSS Konrad	6475	KUDOWIANKA RUN	Senior II M - 30	106	01:36:53	02:46:41.55	02:48:29.05	+01:14:16 (44.1%)	7:56	7.6 (56.7%)
107	MAJCHRZYCKI Sławomir	6450	TKKF MPK POZNAŃ	Senior II M - 30	107	01:28:28	02:49:20.95	02:50:43.60	+01:16:30 (44.8%)	8:03	7.4 (55.2%)
108	BERNADZIKOWSKI Michał	6604		Senior II M - 30	108	01:37:22	02:51:23.60	02:52:19.55	+01:18:06 (45.3%)	8:09	7.4 (55.2%)
109	ANDRZEJCZAK Michał	6374		Senior II M - 30	109	01:41:57	02:51:25.45	02:52:38.05	+01:18:25 (45.4%)	8:09	7.3 (54.5%)
110	KLESZCZ Tomek	6346	KLESZCZE TRZY	Senior II M - 30	110	01:34:02	02:51:17.60	02:53:09.90	+01:18:57 (45.6%)	8:09	7.4 (55.2%)
111	NAJDEREK Maciej	6056	NAJDERKI4	Senior II M - 30	111	01:34:06	02:51:18.05	02:53:10.15	+01:18:57 (45.6%)	8:09	7.4 (55.2%)
112	WRÓBLEWSKI Radosław	6530	VELUX	Senior II M - 30	112	01:40:48	02:52:01.60	02:53:34.95	+01:19:22 (45.7%)	8:11	7.3 (54.5%)
113	WOJCIECHOWSKI Maciej	6168		Senior II M - 30	113	01:31:13	02:54:23.50	02:55:13.25	+01:21:00 (46.2%)	8:18	7.2 (53.7%)
114	SZULC Rafał	6396	RUN BYDGOSZCZ	Senior II M - 30	114	01:46:23	02:54:44.30	02:56:27.75	+01:22:15 (46.6%)	8:19	7.2 (53.7%)
115	WÓJKOWSKI Kamil	6045	PRO-RUN WROCŁAW/RAZEM TRENUJEMY SPORT	Senior II M - 30	115	01:35:48	02:56:35.25	02:58:03.60	+01:23:50 (47.1%)	8:24	7.1 (53.0%)
116	STASZEWSKI Dariusz	6022		Senior II M - 30	116	01:32:11	02:56:54.35	02:58:19.50	+01:24:06 (47.2%)	8:25	7.1 (53.0%)
117	KOZIARA Maciek	6435	SKLEP BIEGACZA RUNNING TEAM	Senior II M - 30	117	01:43:26	02:58:04.80	02:58:20.90	+01:24:08 (47.2%)	8:28	7.1 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	STRONIKOWSKI Wojciech	6716	MUAY RUNNING TEAM	Senior II M - 30	118	01:40:38	02:58:04.40	02:59:47.25	+01:25:34 (47.6%)	8:28	7.1 (53.0%)
119	KAMIŃSKI Marek	6004		Senior II M - 30	119	01:43:11	03:00:19.65	03:01:22.00	+01:27:09 (48.1%)	8:35	7 (52.2%)
120	PATYRA Łukasz	6111	GOMIND	Senior II M - 30	120	01:41:35	03:04:52.20	03:05:13.10	+01:31:00 (49.1%)	8:48	6.8 (50.7%)
121	BARTKIEWICZ Ireneusz	6457		Senior II M - 30	121	01:36:50	03:05:16.10	03:05:54.50	+01:31:41 (49.3%)	8:49	6.8 (50.7%)
122	CICHY Roman	6116	MUAY RUNNING TEAM	Senior II M - 30	122	01:38:29	03:07:10.90	03:07:18.20	+01:33:05 (49.7%)	8:54	6.7 (50.0%)
123	BRZEZIŃSKI Paweł	6064	BIEG OPOLSKI	Senior II M - 30	123	01:32:44	03:07:05.00	03:08:01.85	+01:33:49 (49.9%)	8:54	6.7 (50.0%)
124	ZEBZDA Łukasz	6664	22BPG	Senior II M - 30	124	01:43:21	03:07:54.50	03:09:06.15	+01:34:53 (50.2%)	8:56	6.7 (50.0%)
125	ORŁOWSKI Robert	6589	BIEGNĘ DO MORDORU	Senior II M - 30	125	01:38:57	03:07:55.20	03:09:15.80	+01:35:03 (50.2%)	8:56	6.7 (50.0%)
126	MAZUR Michał	6659	KB SOBÓTKA	Senior II M - 30	126	01:50:48	03:10:17.30	03:11:15.80	+01:37:03 (50.7%)	9:03	6.6 (49.3%)
127	LADEK Marcin	6010	GRUNWALD TEAM POZNAŃ	Senior II M - 30	127	01:47:02	03:10:46.35	03:11:41.50	+01:37:28 (50.9%)	9:05	6.6 (49.3%)
128	KARPIŃSKI Grzegorz	6016	MESONDŽI LAJF STAJL	Senior II M - 30	128	01:44:14	03:10:33.80	03:12:25.50	+01:38:12 (51.0%)	9:04	6.6 (49.3%)
129	PUCHALSKI Przemysław	6290		Senior II M - 30	129	01:43:19	03:13:18.50	03:14:14.45	+01:40:01 (51.5%)	9:12	6.5 (48.5%)
130	KONIECZNY Piotr	6259	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	130	01:47:22	03:14:11.90	03:15:20.50	+01:41:07 (51.8%)	9:14	6.5 (48.5%)
131	KOZERA Kamil	6748	HARPAGAN SOSNOWIEC	Senior II M - 30	131	01:45:59	03:14:06.40	03:15:21.90	+01:41:09 (51.8%)	9:14	6.5 (48.5%)
132	FRĄCZEK Rafał	6441	FIT-STORY	Senior II M - 30	132	01:44:53	03:14:02.90	03:15:37.90	+01:41:25 (51.8%)	9:14	6.5 (48.5%)
133	JAROSZ Michał	6617		Senior II M - 30	133	01:44:50	03:14:00.15	03:15:39.45	+01:41:26 (51.8%)	9:14	6.5 (48.5%)
134	CISZAK Karol	6694	DELOITTE ADVENTURE TEAM	Senior II M - 30	134	01:49:30	03:13:55.15	03:15:42.25	+01:41:29 (51.9%)	9:14	6.5 (48.5%)
135	CZESKI Wojciech	6573	MOSINA BIEGA	Senior II M - 30	135	01:43:53	03:14:58.10	03:15:43.30	+01:41:30 (51.9%)	9:17	6.5 (48.5%)
136	ANDRZEJCZAK Łukasz	6376		Senior II M - 30	136	01:41:59	03:15:45.05	03:16:55.85	+01:42:43 (52.2%)	9:19	6.4 (47.8%)
137	SŁABA Igor	6389		Senior II M - 30	137	01:35:32	03:17:46.20	03:17:52.50	+01:43:39 (52.4%)	9:25	6.4 (47.8%)
138	SŁUJA Paweł	6701		Senior II M - 30	138	01:44:56	03:16:32.05	03:18:16.55	+01:44:03 (52.5%)	9:21	6.4 (47.8%)
139	SWOROWSKI Adam	6247	WKURW_TEAM	Senior II M - 30	139	01:42:21	03:18:25.40	03:19:38.45	+01:45:25 (52.8%)	9:26	6.4 (47.8%)
140	JAREMEK Wojtek	6162		Senior II M - 30	140	01:48:22	03:18:47.05	03:20:06.00	+01:45:53 (52.9%)	9:28	6.3 (47.0%)
141	BILIŃSKI Marek	6371	: -)	Senior II M - 30	141	01:47:38	03:21:36.50	03:22:53.50	+01:48:40 (53.6%)	9:36	6.3 (47.0%)
142	KOCZYK Artur	6407		Senior II M - 30	142	01:55:07	03:21:03.25	03:23:01.35	+01:48:48 (53.6%)	9:34	6.3 (47.0%)
143	BOSZKO Krzysztof	6086	GIT	Senior II M - 30	143	01:46:09	03:21:12.70	03:23:06.35	+01:48:53 (53.6%)	9:34	6.3 (47.0%)
144	SZPONAR Bartłomiej	6204	OTORI OŁAWA	Senior II M - 30	144	01:42:48	03:23:52.20	03:24:53.00	+01:50:40 (54.0%)	9:42	6.2 (46.3%)
145	BŁASZCZYK Michał	6445	TKKF MPK POZNAŃ	Senior II M - 30	145	01:55:25	03:25:34.85	03:26:50.75	+01:52:38 (54.5%)	9:47	6.1 (45.5%)
146	KRYJAK Tomasz	6294		Senior II M - 30	146	01:55:37	03:25:49.75	03:27:48.05	+01:53:35 (54.7%)	9:48	6.1 (45.5%)
147	CHMIELEWSKI Paweł	6416	WKURW_TEAM	Senior II M - 30	147	01:57:21	03:27:51.95	03:29:25.20	+01:55:12 (55.0%)	9:53	6.1 (45.5%)
148	KWAŚNIOK Rafał	6073	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	148	01:55:03	03:28:54.85	03:29:49.70	+01:55:36 (55.1%)	9:56	6 (44.8%)
149	ŚWITA Tomasz	6035	PRO-RUN WROCŁAW	Senior II M - 30	149	01:50:04	03:28:34.20	03:30:08.35	+01:55:55 (55.2%)	9:55	6 (44.8%)
150	ZASTAWNY Michał	6025		Senior II M - 30	150	01:53:43	03:29:23.45	03:30:53.00	+01:56:40 (55.3%)	9:58	6 (44.8%)
151	KARLIKOWSKI Jarek	6526		Senior II M - 30	151	01:54:56	03:31:49.85	03:32:41.40	+01:58:28 (55.7%)	10:05	5.9 (44.0%)
152	KAŁKA Marcin	6697		Senior II M - 30	152	01:42:23	03:38:53.40	03:40:38.75	+02:06:26 (57.3%)	10:25	5.8 (43.3%)
153	PIECHACZEK Marek	6387	BOOT CAMP	Senior II M - 30	153	01:52:15	03:42:24.75	03:43:27.35	+02:09:14 (57.8%)	10:35	5.7 (42.5%)
154	SKROBEK Marcin	6651		Senior II M - 30	154	01:58:41	03:42:59.90	03:45:29.55	+02:11:16 (58.2%)	10:37	5.7 (42.5%)
155	ŚLIWAK Tomasz	6459	TOMASZ ŚLIWAK	Senior II M - 30	155	01:51:47	03:56:15.40	03:57:04.60	+02:22:51 (60.3%)	11:15	5.3 (39.6%)
156	ANIOŁ Michał	6556		Senior II M - 30	156	02:02:57	03:57:28.45	03:58:49.65	+02:24:36 (60.6%)	11:18	5.3 (39.6%)
157	CIESIELSKI Tomasz	6306		Senior II M - 30	157	02:20:07	04:27:33.70	04:28:41.20	+02:54:28 (64.9%)	12:44	4.7 (35.1%)