



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: Senior II M - 30

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	SOBAS Jacek	21	ON RUN CREW POLAND	Senior II M - 30	1	00:00:00	00:00:03	00:52:04	01:31:41.20	01:31:41.20		4:21	13.7 (100%)
2	LAGNER Sebastian	7348	KB SOBÓTKA/ PRZEDWOJEWSKI_TEAM	Senior II M - 30	2	00:00:00	00:00:02	00:50:31	01:31:52.80	01:31:52.80	+00:00:11 (0.2%)	4:22	13.7 (100%)
3	SOBCZAK Daniel	7452	KB SOBÓTKA	Senior II M - 30	3	00:00:00	00:00:01	00:54:04	01:36:12.50	01:36:12.50	+00:04:31 (4.7%)	4:34	13.1 (95.6%)
4	TOMCZYK Piotr	7929	#ZALINIAMETYTEAM	Senior II M - 30	4	00:00:00	00:00:02	00:55:34	01:41:53.05	01:41:53.05	+00:10:11 (10.0%)	4:51	12.4 (90.5%)
5	HARASIUK Adam	7882	140MINUT.PL	Senior II M - 30	5	00:00:00	00:00:02	00:59:06	01:43:33.40	01:43:33.40	+00:11:52 (11.5%)	4:55	12.2 (89.1%)
6	WOŹNIAK Grzegorz	13	12WBOT/MŁODZIEŻOWY OŚRODEK SOCJOTERAPII W KRAJENCE	Senior II M - 30	6	00:00:00	00:00:03	00:59:30	01:46:23.85	01:46:23.85	+00:14:42 (13.8%)	5:03	11.8 (86.1%)
7	NOWACKI Mateusz	7962	PRZEDWOJEWSKI TEAM	Senior II M - 30	7	00:00:00	00:00:01	00:59:14	01:46:45.45	01:46:45.45	+00:15:04 (14.1%)	5:05	11.8 (86.1%)
8	KOS Adrian	7090	DOTNI MANUFAKTURA	Senior II M - 30	8	00:00:00	00:00:02	00:59:21	01:46:59.15	01:46:59.15	+00:15:17 (14.3%)	5:05	11.8 (86.1%)
9	KOZIOŁ Kamil	7759	G.O.A.T TEAM MICHAŁOWICE	Senior II M - 30	9	00:00:00	00:00:10	01:03:28	01:48:36.85	01:48:36.85	+00:16:55 (15.6%)	5:10	11.6 (84.7%)
10	WOLSKI Marcin	7920		Senior II M - 30	10	00:00:00	00:00:04	01:01:22	01:52:00.55	01:52:00.55	+00:20:19 (18.1%)	5:20	11.3 (82.5%)
11	CHUDY Tobiasz	7185	RUN TEAM RYDZYNA	Senior II M - 30	11	00:00:00	00:00:34	01:03:26	01:52:01.00	01:52:01.00	+00:20:19 (18.1%)	5:20	11.2 (81.8%)
12	BOGACZ Krzysztof	7703		Senior II M - 30	12	00:00:00	00:01:28	01:06:09	01:52:18.80	01:52:18.80	+00:20:37 (18.4%)	5:20	11.2 (81.8%)
13	CHAJEC Michał	7992		Senior II M - 30	13	00:00:00	00:00:02	01:03:39	01:52:22.45	01:52:22.45	+00:20:41 (18.4%)	5:21	11.2 (81.8%)
14	GOLONKA Paweł	7586	KB WIKON NOWA SÓL	Senior II M - 30	14	00:00:00	00:00:03	01:01:59	01:53:29.35	01:53:29.35	+00:21:48 (19.2%)	5:24	11.1 (81.0%)
15	KUBICZEK Andrzej	7938	DRINKTEAM	Senior II M - 30	15	00:00:00	00:00:15	01:03:16	01:53:39.65	01:53:39.65	+00:21:58 (19.3%)	5:24	11.1 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Ładek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	CHAMALA Krzysztof	7139	WEEGREE	Senior II M - 30	16	00:00:00	00:00:20	01:07:09	01:55:48.15	01:55:48.15	+00:24:06 (20.8%)	5:30	10.9 (79.6%)
17	MAKUCH Leszek	7864		Senior II M - 30	17	00:00:00	00:00:28	01:06:05	01:56:16.05	01:56:16.05	+00:24:34 (21.1%)	5:32	10.8 (78.8%)
18	FLOREK Paweł	7846	RUNADDICTS	Senior II M - 30	18	00:00:00	00:00:18	01:05:16	01:56:32.75	01:56:32.75	+00:24:51 (21.3%)	5:32	10.8 (78.8%)
19	OSTASZEWSKI Michał	7075		Senior II M - 30	19	00:00:00	00:00:26	01:07:14	01:57:03.00	01:57:03.00	+00:25:21 (21.7%)	5:34	10.8 (78.8%)
20	NOWOTNY Piotr	7169	DRINKTEAM	Senior II M - 30	20	00:00:00	00:00:12	01:04:16	01:57:09.70	01:57:09.70	+00:25:28 (21.7%)	5:34	10.8 (78.8%)
21	BOSAKIEWICZ Tomasz	38		Senior II M - 30	21	00:00:00	00:00:14	01:06:04	01:57:50.25	01:57:50.25	+00:26:09 (22.2%)	5:36	10.7 (78.1%)
22	ŚLIWIŃSKI Paweł	7209	PKO BANK POLSKI	Senior II M - 30	22	00:00:00	00:00:24	01:07:11	01:58:13.50	01:58:13.50	+00:26:32 (22.4%)	5:37	10.7 (78.1%)
23	CIEPŁY Kamil	7282	140MINUT.PL / GARMIN WROCŁAW	Senior II M - 30	23	00:00:00	00:00:08	01:08:48	01:58:20.70	01:58:20.70	+00:26:39 (22.5%)	5:38	10.6 (77.4%)
24	BEDNAREK Bartłomiej	7116	MKS SIECHNICE	Senior II M - 30	24	00:00:00	00:01:56	01:08:56	01:59:17.85	01:59:17.85	+00:27:36 (23.1%)	5:40	10.6 (77.4%)
25	CHŁAD Aleksander	7941	EX TEAM	Senior II M - 30	25	00:00:00	00:00:13	01:09:33	02:01:56.95	02:01:56.95	+00:30:15 (24.8%)	5:48	10.3 (75.2%)
26	SUTKOWY Paweł	7847		Senior II M - 30	26	00:00:00	00:00:18	01:06:16	02:02:16.30	02:02:16.30	+00:30:35 (25.0%)	5:49	10.3 (75.2%)
27	FORTUNA Marcin	7815	ŚWISZCZĄCY ŁAŃCUCH/ANTOTEAM	Senior II M - 30	27	00:00:00	00:01:28	01:11:55	02:02:36.65	02:02:36.65	+00:30:55 (25.2%)	5:50	10.3 (75.2%)
28	GAJEWSKI Marek	7507	ADIDAS RUNNERS WARSAW	Senior II M - 30	28	00:00:00	00:00:09	01:09:17	02:02:57.65	02:02:57.65	+00:31:16 (25.4%)	5:51	10.2 (74.5%)
29	BAZYL Adam	7537	BREMBO	Senior II M - 30	29	00:00:00	00:00:19	01:11:45	02:03:33.40	02:03:33.40	+00:31:52 (25.8%)	5:53	10.2 (74.5%)
30	PAJOR Bartosz	7855	GVT	Senior II M - 30	30	00:00:00	00:00:28	01:09:42	02:04:54.80	02:04:54.80	+00:33:13 (26.6%)	5:56	10.1 (73.7%)
31	BIERNAT Mateusz	7675		Senior II M - 30	31	00:00:00	00:00:28	01:11:46	02:05:08.85	02:05:08.85	+00:33:27 (26.7%)	5:57	10.1 (73.7%)
32	TOMASZKIEWICZ Wojciech	7434	RUNFOREST	Senior II M - 30	32	00:00:00	00:00:18	01:10:33	02:05:30.15	02:05:30.15	+00:33:48 (26.9%)	5:58	10 (73.0%)
33	LASEK Mikołaj	33	PAN WUEFISTA	Senior II M - 30	33	00:00:00	00:00:06	01:12:37	02:05:38.65	02:05:38.65	+00:33:57 (27.0%)	5:58	10 (73.0%)
34	OLESZOWSKI Marcin	7406		Senior II M - 30	34	00:00:00	00:00:28	01:09:11	02:05:43.75	02:05:43.75	+00:34:02 (27.1%)	5:59	10 (73.0%)
35	SZAFRAŃSKI Dominik	7931	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	35	00:00:00	00:00:07	01:11:40	02:07:07.60	02:07:07.60	+00:35:26 (27.9%)	6:03	9.9 (72.3%)
36	ŁUSIAK Łukasz	7724		Senior II M - 30	36	00:00:00	00:00:04	01:10:12	02:07:13.95	02:07:13.95	+00:35:32 (27.9%)	6:03	9.9 (72.3%)
37	KĘDZIORA Norbert	45		Senior II M - 30	37	00:00:00	00:02:04	01:14:00	02:07:14.95	02:07:14.95	+00:35:33 (27.9%)	6:03	9.9 (72.3%)
38	WILK Łukasz	7848	RUNADDICTS	Senior II M - 30	38	00:00:00	00:00:19	01:11:14	02:07:29.65	02:07:29.65	+00:35:48 (28.1%)	6:04	9.9 (72.3%)

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39	GURGUL Mateusz	7276	AROMAT NÓG	Senior II M - 30	39	00:00:00	00:00:08	01:11:54	02:07:56.90	02:07:56.90	+00:36:15 (28.3%)	6:05	9.8 (71.5%)
40	KRAJEWSKI Marcin	7754	NOA	Senior II M - 30	40	00:00:00	00:00:06	01:13:41	02:09:16.95	02:09:16.95	+00:37:35 (29.1%)	6:09	9.7 (70.8%)
41	RUSZCZEWSKI Andrzej	7267	VEGE RUNNERS / 140MINUT.PL	Senior II M - 30	41	00:00:00	00:01:57	01:18:57	02:09:35.55	02:09:35.55	+00:37:54 (29.3%)	6:10	9.7 (70.8%)
42	MARIN Alberto	7357		Senior II M - 30	42	00:00:00	00:02:11	01:17:12	02:09:55.50	02:09:55.50	+00:38:14 (29.4%)	6:11	9.7 (70.8%)
43	KLIMEK Marek	7154	ADIDAS RUNNERS WARSAW	Senior II M - 30	43	00:00:00	00:00:04	01:11:38	02:10:05.90	02:10:05.90	+00:38:24 (29.5%)	6:11	9.7 (70.8%)
44	KWIKERT Adrian	7942		Senior II M - 30	44	00:00:00	00:00:27	01:12:45	02:11:25.60	02:11:25.60	+00:39:44 (30.2%)	6:15	9.6 (70.1%)
45	ŻEHALUK Paweł	7630		Senior II M - 30	45	00:00:00	00:04:01	01:18:46	02:11:56.30	02:11:56.30	+00:40:15 (30.5%)	6:16	9.6 (70.1%)
46	KULCZYCKI Emanuel	7439	#SOBASTEAM	Senior II M - 30	46	00:00:00	00:00:36	01:14:48	02:12:11.35	02:12:11.35	+00:40:30 (30.6%)	6:17	9.5 (69.3%)
47	ISHCHUK Aliaksandr	7147		Senior II M - 30	47	00:00:00	00:00:50	01:09:06	02:12:32.55	02:12:32.55	+00:40:51 (30.8%)	6:18	9.5 (69.3%)
48	KOMAR Patryk	7871	KOMAR TEAM	Senior II M - 30	48	00:00:00	00:01:54	01:14:03	02:12:47.00	02:12:47.00	+00:41:05 (31.0%)	6:19	9.5 (69.3%)
49	GÓRNY Marcin	7351	WYBIEGAĆ MARZENIA TEAM	Senior II M - 30	49	00:00:00	00:00:22	01:15:19	02:13:24.70	02:13:24.70	+00:41:43 (31.3%)	6:21	9.4 (68.6%)
50	MÓLL Mateusz	7040	#SOBASTEAM	Senior II M - 30	50	00:00:00	00:00:05	01:10:41	02:13:53.35	02:13:53.35	+00:42:12 (31.5%)	6:22	9.4 (68.6%)
51	IWANOW Hubert	7977		Senior II M - 30	51	00:00:00	00:03:04	01:17:26	02:14:37.55	02:14:37.55	+00:42:56 (31.9%)	6:24	9.4 (68.6%)
52	KOKOTT Marcin	7102	140MINUT.PL	Senior II M - 30	52	00:00:00	00:00:24	01:13:55	02:14:59.15	02:14:59.15	+00:43:17 (32.1%)	6:25	9.3 (67.9%)
53	SZYSZKO Stanisław	7995	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II M - 30	53	00:00:00	00:00:19	01:19:18	02:15:24.40	02:15:24.40	+00:43:43 (32.3%)	6:26	9.3 (67.9%)
54	MACHOWIAK Adam	7412		Senior II M - 30	54	00:00:00	00:00:34	01:16:28	02:15:25.95	02:15:25.95	+00:43:44 (32.3%)	6:26	9.3 (67.9%)
55	HARETSKI Aleksander	7141		Senior II M - 30	55	00:00:00	00:00:50	01:11:53	02:16:01.65	02:16:01.65	+00:44:20 (32.6%)	6:28	9.3 (67.9%)
56	DZIUBAŁKA Adrian	1		Senior II M - 30	56	00:00:00	00:01:28	01:22:30	02:16:28.00	02:16:28.00	+00:44:46 (32.8%)	6:29	9.2 (67.2%)
57	SZKLARCZYK Piotr	7751	BRACTWO BIEGOWE BGK	Senior II M - 30	57	00:00:00	00:01:02	01:16:56	02:16:50.60	02:16:50.60	+00:45:09 (33.0%)	6:30	9.2 (67.2%)
58	RZYHA Hubert	30	RUNNER`S POWER	Senior II M - 30	58	00:00:00	00:00:11	01:16:40	02:17:23.15	02:17:23.15	+00:45:41 (33.3%)	6:32	9.2 (67.2%)
59	KUCZYŃSKI Michał	7964	GT RAT	Senior II M - 30	59	00:00:00	00:01:12	01:16:52	02:18:13.15	02:18:13.15	+00:46:31 (33.7%)	6:34	9.1 (66.4%)
60	KINASZCZUK Michał	7393		Senior II M - 30	60	00:00:00	00:01:29	01:18:55	02:19:31.70	02:19:31.70	+00:47:50 (34.3%)	6:38	9 (65.7%)
61	KURZA Jakub	7371	ADRIAN DANILEWICZ GROUP	Senior II M - 30	61	00:00:00	00:03:14	01:20:50	02:19:56.15	02:19:56.15	+00:48:14 (34.5%)	6:39	9 (65.7%)

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62	BODNAR Paweł	7723	140MINUT.PL STARCON.COM.PL	Senior II M - 30	62	00:00:00	00:01:36	01:20:56	02:20:05.15	02:20:05.15	+00:48:23 (34.5%)	6:40	9 (65.7%)	
63	BIDAS Michał	7049		Senior II M - 30	63	00:00:00	00:02:16	01:20:33	02:20:10.35	02:20:10.35	+00:48:29 (34.6%)	6:40	9 (65.7%)	
64	MRUK Paweł	7374		Senior II M - 30	64	00:00:00	00:02:07	01:21:45	02:20:14.45	02:20:14.45	+00:48:33 (34.6%)	6:40	9 (65.7%)	
65	WRÓBLEWSKI Wojciech	7136		Senior II M - 30	65	00:00:00	00:01:35	01:18:56	02:20:37.75	02:20:37.75	+00:48:56 (34.8%)	6:41	9 (65.7%)	
66	MALIGRANDA Mariusz	7797	KASZANKA SPORTVEREIN	Senior II M - 30	66	00:00:00	00:00:35	01:19:40	02:20:39.80	02:20:39.80	+00:48:58 (34.8%)	6:41	9 (65.7%)	
67	SAJEWICZ Piotr	7034		Senior II M - 30	67	00:00:00	00:00:29	01:18:58	02:21:18.70	02:21:18.70	+00:49:37 (35.1%)	6:43	8.9 (65.0%)	
68	LIPIŃSKI Hubert	7771		KS KANAŁEK	Senior II M - 30	68	00:00:00	00:01:19	01:23:43	02:22:19.55	02:22:19.55	+00:50:38 (35.6%)	6:46	8.9 (65.0%)
69	STASZEWSKI Dariusz	7339		7.BKPOW	Senior II M - 30	69	00:00:00	00:00:20	01:20:06	02:22:23.50	02:22:23.50	+00:50:42 (35.6%)	6:46	8.8 (64.2%)
70	MICHALEWSKI Paweł	7667	LEIDEN ATLETIEK	Senior II M - 30	70	00:00:00	00:00:22	01:22:30	02:22:55.95	02:22:55.95	+00:51:14 (35.9%)	6:48	8.8 (64.2%)	
71	FRERIKS Jeroen	7686		Senior II M - 30	71	00:00:00	00:00:17	01:21:49	02:23:15.50	02:23:15.50	+00:51:34 (36.0%)	6:49	8.8 (64.2%)	
72	BEDNARZ Marcin	7889		TEAM KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	72	00:00:00	00:02:59	01:23:44	02:23:18.60	02:23:18.60	+00:51:37 (36.0%)	6:49	8.8 (64.2%)
73	KĘDZIERSKI Michał	31		Senior II M - 30	73	00:00:00	00:00:24	01:21:46	02:23:24.35	02:23:24.35	+00:51:43 (36.1%)	6:49	8.8 (64.2%)	
74	KUBIK Jarosław	7671	KOŁO BIEGA	Senior II M - 30	74	00:00:00	00:00:41	01:16:54	02:23:25.75	02:23:25.75	+00:51:44 (36.1%)	6:49	8.8 (64.2%)	
75	MIŚ Piotr	7056	DIEHL CONTROL RUNNING TEAM	Senior II M - 30	75	00:00:00	00:00:35	01:22:49	02:23:27.60	02:23:27.60	+00:51:46 (36.1%)	6:49	8.8 (64.2%)	
76	GONSIOR Tomasz	7442		Senior II M - 30	76	00:00:00	00:03:20	01:23:24	02:23:33.30	02:23:33.30	+00:51:52 (36.1%)	6:50	8.8 (64.2%)	
77	PAWZUN Bartosz	7544		ZRYW PARZYMIECHY	Senior II M - 30	77	00:00:00	00:00:58	01:21:57	02:23:39.70	02:23:39.70	+00:51:58 (36.2%)	6:50	8.8 (64.2%)
78	SUPIŃSKI Paweł	7718		Senior II M - 30	78	00:00:00	00:01:39	01:22:44	02:23:53.30	02:23:53.30	+00:52:12 (36.3%)	6:51	8.8 (64.2%)	
79	KWAŚNIOK Rafał	7135	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	79	00:00:00	00:00:51	01:20:01	02:24:09.25	02:24:09.25	+00:52:28 (36.4%)	6:51	8.7 (63.5%)	
80	BEDNAREK Marcin	7295	MARATOŃCZYK POZNAŃ	Senior II M - 30	80	00:00:00	00:01:13	01:24:40	02:24:36.85	02:24:36.85	+00:52:55 (36.6%)	6:53	8.7 (63.5%)	
81	POLIWOCZAK Patryk	7315		Senior II M - 30	81	00:00:00	00:01:25	01:20:07	02:25:27.00	02:25:27.00	+00:53:45 (37.0%)	6:55	8.7 (63.5%)	
82	ŚWIĄTEK Łukasz	7644	GVT	Senior II M - 30	82	00:00:00	00:02:17	01:25:54	02:25:43.20	02:25:43.20	+00:54:02 (37.1%)	6:56	8.6 (62.8%)	
83	SARNOT Szymon	46	#ZALINIĄMETY	Senior II M - 30	83	00:00:00	00:01:17	01:26:06	02:25:47.30	02:25:47.30	+00:54:06 (37.1%)	6:56	8.6 (62.8%)	
84	ŚRODA Maciej	7396		Senior II M - 30	84	00:00:00	00:00:11	01:20:26	02:26:01.85	02:26:01.85	+00:54:20 (37.2%)	6:57	8.6 (62.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km						
85	GÓRSKI Michał	7532	ZALINIAMETYTEAM	Senior II M - 30	85	00:00:00	00:02:49	01:24:39	02:26:02.25	02:26:02.25	+00:54:21 (37.2%)	6:57	8.6 (62.8%)
86	CHUDY Ariel	7176	RUN TEAM RYDZYNA	Senior II M - 30	86	00:00:00	00:00:37	01:20:25	02:26:33.75	02:26:33.75	+00:54:52 (37.4%)	6:58	8.6 (62.8%)
87	BUGAŃSKI Damian	7778	CARBON SILESIA SPORT	Senior II M - 30	87	00:00:00	00:02:48	01:26:04	02:27:35.80	02:27:35.80	+00:55:54 (37.9%)	7:01	8.5 (62.0%)
88	FERENC Stanisław	7694	ZRYW PARZYMIECHY	Senior II M - 30	88	00:00:00	00:00:58	01:21:18	02:27:36.40	02:27:36.40	+00:55:55 (37.9%)	7:01	8.5 (62.0%)
89	MIELNIK Krzysztof	7055	DC TRIATHLON TEAM	Senior II M - 30	89	00:00:00	00:00:35	01:25:07	02:27:48.00	02:27:48.00	+00:56:06 (38.0%)	7:02	8.5 (62.0%)
90	BURNETKO Michał	7196	HUTASY RUNNERS TEAM	Senior II M - 30	90	00:00:00	00:00:53	01:25:51	02:27:48.65	02:27:48.65	+00:56:07 (38.0%)	7:02	8.5 (62.0%)
91	PARZONKA Michał	7816	ŚWISZCZĄCY ŁAŃCUCH	Senior II M - 30	91	00:00:00	00:01:29	01:26:26	02:28:03.30	02:28:03.30	+00:56:22 (38.1%)	7:03	8.5 (62.0%)
92	RUSNARCZYK Michał	7349	KGHM ZG RUN	Senior II M - 30	92	00:00:00	00:01:15	01:22:00	02:28:09.85	02:28:09.85	+00:56:28 (38.1%)	7:03	8.5 (62.0%)
93	STACHOWIAK Kamil	7596	GRUPA OLX TEAM	Senior II M - 30	93	00:00:00	00:00:56	01:21:11	02:28:30.85	02:28:30.85	+00:56:49 (38.3%)	7:04	8.5 (62.0%)
94	ŁUKASZEWSKI Michał	7279	#ZALINIAMETYTEAM	Senior II M - 30	94	00:00:00	00:01:08	01:24:43	02:29:00.80	02:29:00.80	+00:57:19 (38.5%)	7:05	8.5 (62.0%)
95	TOMKOWIAK Sławomir	7814		Senior II M - 30	95	00:00:00	00:02:33	01:28:01	02:29:01.40	02:29:01.40	+00:57:20 (38.5%)	7:05	8.5 (62.0%)
96	SKORUPSKI Szymon	7298	KURACJUSZE	Senior II M - 30	96	00:00:00	00:00:30	01:22:22	02:29:34.00	02:29:34.00	+00:57:52 (38.7%)	7:07	8.4 (61.3%)
97	RYCHLEWICZ Tomasz	7210		Senior II M - 30	97	00:00:00	00:00:55	01:23:53	02:29:40.95	02:29:40.95	+00:57:59 (38.7%)	7:07	8.4 (61.3%)
98	MICHALAK Kamil	7426	SZYNKARNIA	Senior II M - 30	98	00:00:00	00:01:21	01:21:49	02:29:43.95	02:29:43.95	+00:58:02 (38.8%)	7:07	8.4 (61.3%)
99	JANKOWSKI Krzysztof	7922		Senior II M - 30	99	00:00:00	00:01:36	01:25:50	02:29:54.60	02:29:54.60	+00:58:13 (38.8%)	7:08	8.4 (61.3%)
100	LIPIŃSKI Bartosz	7769		Senior II M - 30	100	00:00:00	00:01:21	01:29:10	02:30:41.05	02:30:41.05	+00:58:59 (39.2%)	7:10	8.4 (61.3%)
101	WAWRZYN Wiktor	7713		Senior II M - 30	101	00:00:00	00:01:49	01:27:54	02:31:34.25	02:31:34.25	+00:59:53 (39.5%)	7:13	8.3 (60.6%)
102	KAROLEWSKI Maciej	7033	KROTOSZYŃSKA GRUPA BIEGOWA	Senior II M - 30	102	00:00:00	00:02:07	01:27:43	02:33:13.15	02:33:13.15	+01:01:31 (40.2%)	7:17	8.2 (59.9%)
103	PITERA Paweł	7783		Senior II M - 30	103	00:00:00	00:00:56	01:26:17	02:33:44.15	02:33:44.15	+01:02:02 (40.4%)	7:19	8.2 (59.9%)
104	MALOTTA Konrad	7527	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II M - 30	104	00:00:00	00:01:25	01:32:04	02:33:45.65	02:33:45.65	+01:02:04 (40.4%)	7:19	8.2 (59.9%)
105	ZALEWSKI Karol	7093		Senior II M - 30	105	00:00:00	00:02:43	01:29:16	02:34:02.60	02:34:02.60	+01:02:21 (40.5%)	7:20	8.2 (59.9%)
106	STASIAK Łukasz	7699		Senior II M - 30	106	00:00:00	00:01:22	01:27:07	02:34:34.45	02:34:34.45	+01:02:53 (40.7%)	7:21	8.2 (59.9%)
107	MORAWSKI Wojciech	7078		Senior II M - 30	107	00:00:00	00:03:10	01:32:06	02:34:35.55	02:34:35.55	+01:02:54 (40.7%)	7:21	8.2 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start	B1	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Lądek						
108	MIŁASZEWSKI Przemek	7734	AMBRA PL	Senior II M - 30	108	00:00:00	00:00:08	01:27:52	02:34:40.25	02:34:40.25	+01:02:59 (40.7%)	7:21	8.1 (59.1%)
109	ZALEWSKI Radosław	7006		Senior II M - 30	109	00:00:00	00:00:37	01:27:44	02:35:00.25	02:35:00.25	+01:03:19 (40.8%)	7:22	8.1 (59.1%)
110	KOSTOWSKI Roman	7625		Senior II M - 30	110	00:00:00	00:01:58	01:26:33	02:35:35.15	02:35:35.15	+01:03:53 (41.1%)	7:24	8.1 (59.1%)
111	BĄTRUK Hubert	7529		Senior II M - 30	111	00:00:00	00:00:43	01:26:50	02:35:51.65	02:35:51.65	+01:04:10 (41.2%)	7:25	8.1 (59.1%)
112	TROJNAR Daniel	7762		Senior II M - 30	112	00:00:00	00:01:53	01:27:49	02:35:54.95	02:35:54.95	+01:04:13 (41.2%)	7:25	8.1 (59.1%)
113	MAJCHRZYCKI Sławomir	7916	TKKF MPK POZNAŃ	Senior II M - 30	113	00:00:00	00:02:04	01:30:58	02:36:11.85	02:36:11.85	+01:04:30 (41.3%)	7:26	8.1 (59.1%)
114	SOWIŃSKI Konrad	7862		Senior II M - 30	114	00:00:00	00:01:58	01:24:35	02:36:36.60	02:36:36.60	+01:04:55 (41.5%)	7:27	8 (58.4%)
115	POŹNIAK Marcin	7107	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	115	00:00:00	00:00:46	01:29:07	02:37:28.50	02:37:28.50	+01:05:47 (41.8%)	7:29	8 (58.4%)
116	WÓJCICKI Adam	7863		Senior II M - 30	116	00:00:00	00:01:22	01:31:08	02:37:42.75	02:37:42.75	+01:06:01 (41.9%)	7:30	8 (58.4%)
117	WALKOWIAK Damian	7838	#BIEGAJLESZNO	Senior II M - 30	117	00:00:00	00:00:45	01:30:34	02:37:47.60	02:37:47.60	+01:06:06 (41.9%)	7:30	8 (58.4%)
118	SENDER Jakub	7833	BW RUNNING TEAM	Senior II M - 30	118	00:00:00	00:01:09	01:33:09	02:38:15.35	02:38:15.35	+01:06:34 (42.1%)	7:32	8 (58.4%)
119	HEFFNER Jakub	7320		Senior II M - 30	119	00:00:00	00:00:58	01:30:33	02:38:18.50	02:38:18.50	+01:06:37 (42.1%)	7:32	8 (58.4%)
120	ŁUKASZEK Marek	7068	ŁUKASZKI TEAM	Senior II M - 30	120	00:00:00	00:00:42	01:29:39	02:38:41.60	02:38:41.60	+01:07:00 (42.2%)	7:33	7.9 (57.7%)
121	ANDRZEJCZAK Łukasz	7200	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	121	00:00:00	00:01:17	01:31:33	02:38:52.25	02:38:52.25	+01:07:11 (42.3%)	7:33	7.9 (57.7%)
122	ZAWIDZKI Jarosław	7932		Senior II M - 30	122	00:00:00	00:00:21	01:23:28	02:39:08.15	02:39:08.15	+01:07:26 (42.4%)	7:34	7.9 (57.7%)
123	KRUPIŃSKI Mateusz	7361		Senior II M - 30	123	00:00:00	00:01:21	01:26:02	02:40:01.30	02:40:01.30	+01:08:20 (42.7%)	7:37	7.9 (57.7%)
124	WISZNIEWICZ Piotr	4	BANA DZIEWIONA	Senior II M - 30	124	00:00:00	00:03:36	01:32:19	02:40:12.70	02:40:12.70	+01:08:31 (42.8%)	7:37	7.9 (57.7%)
125	ŁYCZEK Rafał	7376	JA I MÓJ BRZUCH	Senior II M - 30	125	00:00:00	00:01:02	01:28:00	02:40:19.85	02:40:19.85	+01:08:38 (42.8%)	7:38	7.9 (57.7%)
126	JAWORSKI Jarosław	7558	BIEGOWY ZDRÓJ	Senior II M - 30	126	00:00:00	00:03:17	01:36:58	02:40:28.95	02:40:28.95	+01:08:47 (42.9%)	7:38	7.9 (57.7%)
127	MIELNIK Karol	7248		Senior II M - 30	127	00:00:00	00:02:52	01:32:22	02:40:42.60	02:40:42.60	+01:09:01 (42.9%)	7:39	7.8 (56.9%)
128	ŚLIWIŃSKI Paweł	7597		Senior II M - 30	128	00:00:00	00:02:09	01:37:48	02:41:07.95	02:41:07.95	+01:09:26 (43.1%)	7:40	7.8 (56.9%)
129	GOŁOFIT Piotr	7720	PRO-RUN WROCŁAW	Senior II M - 30	129	00:00:00	00:03:17	01:33:40	02:41:17.75	02:41:17.75	+01:09:36 (43.2%)	7:40	7.8 (56.9%)
130	RADLAK Marcin	6		Senior II M - 30	130	00:00:00	00:00:30	01:24:10	02:41:46.50	02:41:46.50	+01:10:05 (43.3%)	7:42	7.8 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Lądek 0.01km						
131	ZABOROWSKI Kamil	7059	ZALINIAMETY	Senior II M - 30	131	00:00:00	00:01:23	01:30:45	02:42:17.25	02:42:17.25	+01:10:36 (43.5%)	7:43	7.8 (56.9%)
132	OWSIŃSKI Krzysztof	7530		Senior II M - 30	132	00:00:00	00:03:11	01:41:04	02:42:32.45	02:42:32.45	+01:10:51 (43.6%)	7:44	7.8 (56.9%)
133	MICHAŁOWSKI Piotr	7010		Senior II M - 30	133	00:00:00	00:03:33	01:37:51	02:42:45.45	02:42:45.45	+01:11:04 (43.7%)	7:45	7.7 (56.2%)
134	WODZYŃSKI Adam	7973	BIEG DLA HANI	Senior II M - 30	134	00:00:00	00:03:23	01:39:45	02:43:26.15	02:43:26.15	+01:11:44 (43.9%)	7:46	7.7 (56.2%)
135	MAŚLANKA Łukasz	7324	ALOHA TRIATHLON TEAM WROCŁAW	Senior II M - 30	135	00:00:00	00:01:44	01:34:13	02:43:50.15	02:43:50.15	+01:12:08 (44.0%)	7:48	7.7 (56.2%)
136	WALESZCZYK Krzysiek	7803	KB ODRA OPOLE	Senior II M - 30	136	00:00:00	00:01:30	01:31:34	02:44:30.45	02:44:30.45	+01:12:49 (44.3%)	7:50	7.7 (56.2%)
137	ANDRZEJCZAK Michał	7394		Senior II M - 30	137	00:00:00	00:02:40	01:39:02	02:44:34.45	02:44:34.45	+01:12:53 (44.3%)	7:50	7.7 (56.2%)
138	ANGOWSKI Andrzej	7164		Senior II M - 30	138	00:00:00	00:03:19	01:33:39	02:44:41.50	02:44:41.50	+01:13:00 (44.3%)	7:50	7.7 (56.2%)
139	BEDNAREK Borys	7805		Senior II M - 30	139	00:00:00	00:02:46	01:31:10	02:45:03.95	02:45:03.95	+01:13:22 (44.5%)	7:51	7.6 (55.5%)
140	MAZUREK Piotr	7005		Senior II M - 30	140	00:00:00	00:02:17	01:37:50	02:45:12.65	02:45:12.65	+01:13:31 (44.5%)	7:52	7.6 (55.5%)
141	JOŃCZYK Tomasz	7314		Senior II M - 30	141	00:00:00	00:02:13	01:35:19	02:45:56.20	02:45:56.20	+01:14:15 (44.7%)	7:54	7.6 (55.5%)
142	TOL Kamil	43	KUNA W AGREŚCIE	Senior II M - 30	142	00:00:00	00:02:27	01:36:19	02:46:16.10	02:46:16.10	+01:14:34 (44.9%)	7:55	7.6 (55.5%)
143	ZIĘBA Grzegorz	7806		Senior II M - 30	143	00:00:00	00:02:47	01:32:07	02:47:51.85	02:47:51.85	+01:16:10 (45.4%)	7:59	7.5 (54.7%)
144	IDZIK Marcin	7378		Senior II M - 30	144	00:00:00	00:03:30	01:39:27	02:48:00.45	02:48:00.45	+01:16:19 (45.4%)	8:00	7.5 (54.7%)
145	PAWŁOWSKI Łukasz	7712		Senior II M - 30	145	00:00:00	00:01:50	01:36:18	02:48:53.20	02:48:53.20	+01:17:12 (45.7%)	8:02	7.5 (54.7%)
146	WOJCIECHOWSKI Maciej	7170		Senior II M - 30	146	00:00:00	00:01:22	01:33:28	02:50:09.80	02:50:09.80	+01:18:28 (46.1%)	8:06	7.4 (54.0%)
147	JAKÓBEK Piotr	7850	RUNADDICTS	Senior II M - 30	147	00:00:00	00:00:27	01:32:34	02:50:24.40	02:50:24.40	+01:18:43 (46.2%)	8:06	7.4 (54.0%)
148	ŁĘSKI Sławek	7788		Senior II M - 30	148	00:00:00	00:03:29	01:43:25	02:51:06.05	02:51:06.05	+01:19:24 (46.4%)	8:08	7.4 (54.0%)
149	WAJDA Andrzej	7958		Senior II M - 30	149	00:00:00	00:02:03	01:40:54	02:51:45.15	02:51:45.15	+01:20:03 (46.6%)	8:10	7.3 (53.3%)
150	FANAJŁO Wojciech	7755		Senior II M - 30	150	00:00:00	00:01:36	01:42:12	02:51:52.05	02:51:52.05	+01:20:10 (46.7%)	8:11	7.3 (53.3%)
151	BALAS Tomasz Tomski	9	NOLOGOCREW	Senior II M - 30	151	00:00:00	00:02:47	01:39:03	02:51:53.25	02:51:53.25	+01:20:12 (46.7%)	8:11	7.3 (53.3%)
152	WYBRANIEC Tomasz	7940		Senior II M - 30	152	00:00:00	00:03:36	01:39:38	02:52:00.15	02:52:00.15	+01:20:18 (46.7%)	8:11	7.3 (53.3%)
153	KĘPSKI Grzegorz	7404		Senior II M - 30	153	00:00:00	00:00:48	01:37:39	02:52:03.45	02:52:03.45	+01:20:22 (46.7%)	8:11	7.3 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Start	B1	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						startu	Lądek	0.01km		10.3km	netto			
154	GÓRA Adam	7708		Senior II M - 30	154	00:00:00	00:02:57	01:40:33	02:52:15.85	02:52:15.85	+01:20:34 (46.8%)	8:12	7.3 (53.3%)	
155	BIEDA Piotr	7430	RUNNERS TEAM NYSA	Senior II M - 30	155	00:00:00	00:01:37	01:36:07	02:52:49.95	02:52:49.95	+01:21:08 (47.0%)	8:13	7.3 (53.3%)	
156	GUTOWSKI Piotr	7578		Senior II M - 30	156	00:00:00	00:01:03	01:36:03	02:52:53.15	02:52:53.15	+01:21:11 (47.0%)	8:13	7.3 (53.3%)	
157	KARCZEWSKI Sławomi	7665		Senior II M - 30	157	00:00:00	00:01:55	01:42:42	02:53:07.50	02:53:07.50	+01:21:26 (47.0%)	8:14	7.3 (53.3%)	
158	MALINOWSKI Jakub	7790	ZIELONOWO DRINKERS	Senior II M - 30	158	00:00:00	00:03:27	01:39:09	02:53:11.15	02:53:11.15	+01:21:29 (47.1%)	8:14	7.3 (53.3%)	
159	SZPONAR Bartłomiej	7027		Senior II M - 30	159	00:00:00	00:02:02	01:37:46	02:54:14.50	02:54:14.50	+01:22:33 (47.4%)	8:17	7.2 (52.6%)	
160	CZARNECKI Piotr	7285	BIEGNIEMY DLA HANI	Senior II M - 30	160	00:00:00	00:03:18	01:43:31	02:54:34.30	02:54:34.30	+01:22:53 (47.5%)	8:18	7.2 (52.6%)	
161	CHYLINŚKI Radek	7950	ANWILTEAM	Senior II M - 30	161	00:00:00	00:03:35	01:47:41	02:54:37.75	02:54:37.75	+01:22:56 (47.5%)	8:18	7.2 (52.6%)	
162	CHWASTEK Marcin	7261	ALSTOM KATOWICE	Senior II M - 30	162	00:00:00	00:03:55	01:43:03	02:54:58.35	02:54:58.35	+01:23:17 (47.6%)	8:19	7.2 (52.6%)	
163	ŁABUDA Dawid	7241		Senior II M - 30	163	00:00:00	00:02:18	01:46:26	02:55:55.15	02:55:55.15	+01:24:13 (47.9%)	8:22	7.2 (52.6%)	
164	STANKIEWICZ Łukasz	7448		Senior II M - 30	164	00:00:00	00:01:53	01:39:01	02:56:16.00	02:56:16.00	+01:24:34 (48.0%)	8:23	7.1 (51.8%)	
165	KACHNIARZ Tomasz	7748	SPORT GENERATION	Senior II M - 30	165	00:00:00	00:00:59	01:40:36	02:56:53.40	02:56:53.40	+01:25:12 (48.2%)	8:25	7.1 (51.8%)	
166	KARCZMARCZYK Mirosław	7464		Senior II M - 30	166	00:00:00	00:02:58	01:46:24	02:56:54.60	02:56:54.60	+01:25:13 (48.2%)	8:25	7.1 (51.8%)	
167	WIDŁAK Krzysztof	7796		Senior II M - 30	167	00:00:00	00:02:42	01:44:00	02:57:49.80	02:57:49.80	+01:26:08 (48.4%)	8:28	7.1 (51.8%)	
168	MORAWIEC Jarosław	7313	GYPSY BROTHERS	Senior II M - 30	168	00:00:00	00:02:13	01:37:41	02:58:04.30	02:58:04.30	+01:26:23 (48.5%)	8:28	7.1 (51.8%)	
169	SKOWRONEK Tomasz	7108		Senior II M - 30	169	00:00:00	00:01:06	01:31:24	02:58:23.15	02:58:23.15	+01:26:41 (48.6%)	8:29	7.1 (51.8%)	
170	WRÓBLEWSKI Borys	7741		Senior II M - 30	170	00:00:00	00:03:15	01:41:23	02:58:25.75	02:58:25.75	+01:26:44 (48.6%)	8:29	7.1 (51.8%)	
171	NOWAK Łukasz	7077	WIECZORNE BIEGANIE W OPOLU	Senior II M - 30	171	00:00:00	00:02:53	01:43:34	02:58:48.80	02:58:48.80	+01:27:07 (48.7%)	8:30	7 (51.1%)	
172	NAWROT Dawid	7810	MIRAZ RACE TEAM	Senior II M - 30	172	00:00:00	00:01:48	01:43:11	02:59:25.60	02:59:25.60	+01:27:44 (48.9%)	8:32	7 (51.1%)	
173	WIŚNIEWSKI Rafał	7359	KWP POZNAŃ	Senior II M - 30	173	00:00:00	00:01:23	01:43:12	03:01:11.05	03:01:11.05	+01:29:29 (49.4%)	8:37	7 (51.1%)	
174	KOTWICKI Mateusz	7978	BRAK	Senior II M - 30	174	00:00:00	00:02:25	01:45:56	03:01:18.25	03:01:18.25	+01:29:37 (49.4%)	8:38	6.9 (50.4%)	
175	KWAŚNIEWICZ Rafał	7158		Senior II M - 30	175	00:00:00	00:03:50	01:42:17	03:03:37.90	03:03:37.90	+01:31:56 (50.1%)	8:44	6.9 (50.4%)	
176	CNOTALSKI Adam	7766		Senior II M - 30	176	00:00:00	00:01:14	01:43:56	03:04:23.20	03:04:23.20	+01:32:42 (50.3%)	8:46	6.8 (49.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
							Ładek 0.01km						
177	RYCHTER Maciej	7541	ONE STEP	Senior II M - 30	177	00:00:00	00:03:27	01:53:50	03:04:57.65	03:04:57.65	+01:33:16 (50.4%)	8:48	6.8 (49.6%)
178	OGIEGŁO Dominik	7799		Senior II M - 30	178	00:00:00	00:01:39	01:42:43	03:05:03.25	03:05:03.25	+01:33:22 (50.5%)	8:48	6.8 (49.6%)
179	PIECHOTA Remigiusz	7542	ONE STEP / RYNNY.NET	Senior II M - 30	179	00:00:00	00:03:28	01:53:51	03:05:07.10	03:05:07.10	+01:33:25 (50.5%)	8:48	6.8 (49.6%)
180	NAWARA Paweł	7926	BALERUNY	Senior II M - 30	180	00:00:00	00:03:02	01:46:22	03:05:49.50	03:05:49.50	+01:34:08 (50.7%)	8:50	6.8 (49.6%)
181	KOLENDA Mateusz	7483	DRIN TEAM	Senior II M - 30	181	00:00:00	00:03:26	01:53:43	03:06:22.85	03:06:22.85	+01:34:41 (50.8%)	8:52	6.8 (49.6%)
182	BARAN Przemysław	7286	BIEGNIEMY DLA HANI	Senior II M - 30	182	00:00:00	00:03:24	01:47:40	03:07:08.75	03:07:08.75	+01:35:27 (51.0%)	8:54	6.7 (48.9%)
183	MACIEJEWSKI Paweł	7395		Senior II M - 30	183	00:00:00	00:02:04	01:54:00	03:08:52.45	03:08:52.45	+01:37:11 (51.5%)	8:59	6.7 (48.9%)
184	NOWAK Michał	7669	DARŁOWO	Senior II M - 30	184	00:00:00	00:02:52	01:53:34	03:09:05.15	03:09:05.15	+01:37:23 (51.5%)	9:00	6.7 (48.9%)
185	KIEDROWSKI Łukasz	7590		Senior II M - 30	185	00:00:00	00:02:46	01:52:04	03:09:12.50	03:09:12.50	+01:37:31 (51.5%)	9:00	6.7 (48.9%)
186	KARPIŃSKI Grzegorz	7242	SALCESON	Senior II M - 30	186	00:00:00	00:02:42	01:43:59	03:10:29.70	03:10:29.70	+01:38:48 (51.9%)	9:04	6.6 (48.2%)
187	ZAWADZKI Piotr	7733		Senior II M - 30	187	00:00:00	00:03:25	01:49:41	03:13:08.90	03:13:08.90	+01:41:27 (52.5%)	9:11	6.5 (47.4%)
188	WRÓBLEWSKI Witek	7132		Senior II M - 30	188	00:00:00	00:02:02	01:46:19	03:14:38.10	03:14:38.10	+01:42:56 (52.9%)	9:16	6.5 (47.4%)
189	DRÓZDŹ Arkadiusz	7451		Senior II M - 30	189	00:00:00	00:03:13	01:44:09	03:15:54.15	03:15:54.15	+01:44:12 (53.2%)	9:19	6.4 (46.7%)
190	KAŹMIERCZAK Piotr	7626		Senior II M - 30	190	00:00:00	00:02:56	01:49:48	03:17:38.75	03:17:38.75	+01:45:57 (53.6%)	9:24	6.4 (46.7%)
191	MARCINKOWSKI Artur	7711		Senior II M - 30	191	00:00:00	00:02:02	01:53:47	03:19:29.65	03:19:29.65	+01:47:48 (54.0%)	9:29	6.3 (46.0%)
192	GÓRAL Jakub	7914		Senior II M - 30	192	00:00:00	00:01:37	01:45:44	03:19:38.55	03:19:38.55	+01:47:57 (54.1%)	9:30	6.3 (46.0%)
193	KULA Damian	7194		Senior II M - 30	193	00:00:00	00:03:25	01:54:48	03:20:42.85	03:20:42.85	+01:49:01 (54.3%)	9:33	6.3 (46.0%)
194	MOŁODECKI Adam	7213		Senior II M - 30	194	00:00:00	00:02:41	01:56:15	03:22:04.30	03:22:04.30	+01:50:23 (54.6%)	9:37	6.2 (45.3%)
195	FRĄCKOWIAK Wojciech	7354		Senior II M - 30	195	00:00:00	00:03:03	01:54:30	03:23:46.40	03:23:46.40	+01:52:05 (55.0%)	9:42	6.2 (45.3%)
196	KOZŁOWSKI Piotr	7104		Senior II M - 30	196	00:00:00	00:03:05	01:52:20	03:25:52.85	03:25:52.85	+01:54:11 (55.5%)	9:48	6.1 (44.5%)
197	SŁOMKA Mariusz	7459		Senior II M - 30	197	00:00:00	00:02:18	01:55:22	03:28:29.80	03:28:29.80	+01:56:48 (56.0%)	9:55	6 (43.8%)
198	SZCZAPA Karol	7868	12TRI.PL	Senior II M - 30	198	00:00:00	00:03:40	01:56:23	03:28:56.95	03:28:56.95	+01:57:15 (56.1%)	9:56	6 (43.8%)
199	GARCZYK Przemek	7773	GARCZYK TEAM	Senior II M - 30	199	00:00:00	00:00:53	01:56:43	03:32:31.40	03:32:31.40	+02:00:50 (56.9%)	10:07	5.9 (43.1%)

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
200	LEMBICZ Dariusz	7474	DRIN TEAM	Senior II M - 30	200	00:00:00	00:03:25	02:03:29	03:34:05.45	03:34:05.45	+02:02:24 (57.2%)	10:11	5.9 (43.1%)
201	SOBOŃ Łukasz	7243		Senior II M - 30	201	00:00:00	00:02:12	02:03:26	03:41:12.50	03:41:12.50	+02:09:31 (58.6%)	10:32	5.7 (41.6%)
202	NGUYEN Long	7981	OH MY GEARS	Senior II M - 30	202	00:00:00	00:03:29	02:17:00	04:06:09.35	04:06:09.35	+02:34:28 (62.8%)	11:43	5.1 (37.2%)
	GOCLIK Marcin	7923	MIRAZ RACE TEAM	Senior II M - 30		DNF	00:01:19 DNF	01:39:04 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 203 wynik(ów)