



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2023-07-13
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
INTELEGNTE 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	SOBAS Jacek	7874	ON RUNNING	Senior II M - 30	1	00:54:12	01:35:28.25	01:35:30.25		4:32	13.2 (100%)
2	ŻUCHOWSKI Daniel	7929		Senior II M - 30	2	00:55:32	01:37:50.15	01:37:51.15	+00:02:20 (2.4%)	4:39	12.9 (97.7%)
3	ZAMIELSKI Pawel	7624	PRZEDWOJEWSKI TEAM	Senior II M - 30	3	00:57:59	01:45:34.70	01:45:35.85	+00:10:05 (9.6%)	5:01	11.9 (90.2%)
4	WOJTCZAK Jakub	7145	SPORT GENERATION	Senior II M - 30	4	01:00:27	01:47:04.65	01:47:08.55	+00:11:38 (10.9%)	5:05	11.8 (89.4%)
5	KOŻDOŃ Jarek	7972	TL ROW RYBNIK	Senior II M - 30	5	01:01:05	01:48:03.90	01:48:04.65	+00:12:34 (11.6%)	5:08	11.7 (88.6%)
6	ADAMKIEWICZ Michal	7967		Senior II M - 30	6		01:48:22.45	01:48:29.05	+00:12:58 (12.0%)	5:09	11.6 (87.9%)
7	BOGACZ Krzysztof	7015		Senior II M - 30	7	01:04:35	01:51:35.55	01:52:06.10	+00:16:35 (14.8%)	5:18	11.3 (85.6%)
8	HLAVATÍK Jan	7445	JUMP SPORT FRÝDEK-MÍSTEK	Senior II M - 30	8	01:01:46	01:54:27.75	01:54:28.35	+00:18:58 (16.6%)	5:27	11 (83.3%)
9	KOWAL Amadeusz	7809	NAPRZÓD MŁOCINY	Senior II M - 30	9	01:05:17	01:55:15.45	01:55:20.75	+00:19:50 (17.2%)	5:29	10.9 (82.6%)
10	ROSOLSKI Dawid	7170		Senior II M - 30	10	01:05:19	01:55:37.55	01:55:41.10	+00:20:10 (17.4%)	5:30	10.9 (82.6%)
11	URBAN Mirosław	7154	ITMBW KRAKÓW	Senior II M - 30	11	01:06:25	01:55:39.55	01:55:44.35	+00:20:14 (17.5%)	5:30	10.9 (82.6%)
12	SOŁTYSIK Kamil	7826		Senior II M - 30	12	01:05:04	01:56:31.00	01:56:33.00	+00:21:02 (18.1%)	5:32	10.8 (81.8%)
13	WIERZOWIECKI Grzegorz	7005	BERFIT ZIELONA GÓRA & STACHOWSKI TEM	Senior II M - 30	13	01:05:15	01:57:05.00	01:57:10.45	+00:21:40 (18.5%)	5:34	10.8 (81.8%)
14	LUBIENIECKI Kamil	7841	JAGODA RUNNING TEAM	Senior II M - 30	14	01:07:01	01:57:29.95	01:57:43.00	+00:22:12 (18.9%)	5:35	10.7 (81.1%)
14	TRELA Daniel	7545	BIELAWSKA AKADEMIA BIEGANIA	Senior II M - 30	14		01:57:41.00	01:57:43.00	+00:22:12 (18.9%)	5:36	10.7 (81.1%)
16	WAŚNIEWSKI Albert	7695	SKLEP BIEGACZA/ŻÓRAWSKI TEAM	Senior II M - 30	16	01:09:41	01:57:53.65	01:57:58.45	+00:22:28 (19.0%)	5:36	10.7 (81.1%)
17	ZACHURA Grzegorz	7958		Senior II M - 30	17	01:07:35	01:58:54.15	01:59:03.55	+00:23:33 (19.8%)	5:39	10.6 (80.3%)
18	KOS Adrian	7085	DOTI MANUFAKTURA	Senior II M - 30	18	01:06:45	01:59:52.85	01:59:55.10	+00:24:24 (20.4%)	5:42	10.5 (79.5%)
19	WIĄCEK Karol	7802		Senior II M - 30	19	01:05:16	02:01:25.65	02:01:29.80	+00:25:59 (21.4%)	5:46	10.4 (78.8%)
20	BŁASZYK Mateusz	7670	LASTRYKO	Senior II M - 30	20	01:07:33	02:01:19.00	02:01:30.75	+00:26:00 (21.4%)	5:46	10.4 (78.8%)
21	KAMPA Paweł	7607	SPORTOWE TEOPE	Senior II M - 30	21	01:05:44	02:01:25.40	02:01:35.30	+00:26:05 (21.5%)	5:46	10.4 (78.8%)
22	BERLIK Piotr	7590	SUCHY BÓR PATATAJ	Senior II M - 30	22	01:08:31	02:02:21.30	02:02:30.35	+00:27:00 (22.0%)	5:49	10.3 (78.0%)
23	WIERZBICKI Michał	7255	WILLOW BATONY / ZGRUPKA PROMOBIL TEAM	Senior II M - 30	23	01:09:44	02:02:59.35	02:03:02.90	+00:27:32 (22.4%)	5:51	10.2 (77.3%)
24	JURA Maciej	7160		Senior II M - 30	24	01:09:41	02:03:29.75	02:03:36.10	+00:28:05 (22.7%)	5:52	10.2 (77.3%)
25	BIELA Łukasz	7698		Senior II M - 30	25	01:10:06	02:03:47.25	02:03:53.05	+00:28:22 (22.9%)	5:53	10.2 (77.3%)
26	BORKOWSKI Mariusz	7526		Senior II M - 30	26	01:09:27	02:03:44.40	02:04:26.45	+00:28:56 (23.3%)	5:53	10.2 (77.3%)
27	ŻUREK Patryk	7926		Senior II M - 30	27	01:08:37	02:05:36.30	02:05:41.35	+00:30:11 (24.0%)	5:58	10 (75.8%)
28	NOWOTNY Piotr	7105	DRINKTEAM	Senior II M - 30	28	01:10:19	02:06:21.65	02:06:30.70	+00:31:00 (24.5%)	6:01	10 (75.8%)
29	LISEK Andrzej	7190	LISEK TEAM	Senior II M - 30	29	01:12:52	02:06:59.95	02:07:10.15	+00:31:39 (24.9%)	6:02	9.9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
30	FAŁEK Paweł	7932		Senior II M - 30	30	01:10:39	02:07:27.20	02:07:30.95	+00:32:00 (25.1%)	6:04	9.9 (75.0%)
31	KLIMEK Marek	7048	ADIDAS RUNNERS WARSAW	Senior II M - 30	31	01:11:37	02:07:42.85	02:07:47.25	+00:32:17 (25.3%)	6:04	9.9 (75.0%)
32	GĄSIOROWSKI Jarek	7850	ADDED VALUE NIERUCHOMOŚCI	Senior II M - 30	32	01:29:20	02:07:24.25	02:08:28.00	+00:32:57 (25.7%)	6:04	9.9 (75.0%)
33	MAKUCH Leszek	7275		Senior II M - 30	33	01:09:07	02:09:20.80	02:09:24.00	+00:33:53 (26.2%)	6:09	9.7 (73.5%)
34	MIELCZAREK Krystian	7790	TRIGYM SZCZECIN	Senior II M - 30	34	01:15:23	02:11:35.30	02:11:46.15	+00:36:15 (27.5%)	6:15	9.6 (72.7%)
35	FUDRO Piotr	7808		Senior II M - 30	35	01:13:42	02:12:56.75	02:13:20.75	+00:37:50 (28.4%)	6:19	9.5 (72.0%)
36	ŚWINIARSKI Dawid	7613		Senior II M - 30	36	01:12:53	02:13:37.70	02:13:39.40	+00:38:09 (28.5%)	6:21	9.4 (71.2%)
37	ADAMSKI Krzysztof	7821		Senior II M - 30	37	01:15:59	02:12:12.85	02:13:55.95	+00:38:25 (28.7%)	6:17	9.5 (72.0%)
38	GAPSKI Mateusz	7762		Senior II M - 30	38	01:18:11	02:15:00.05	02:15:07.35	+00:39:37 (29.3%)	6:25	9.3 (70.5%)
39	PYCH Tomasz	7920	NIEZRZESZONY	Senior II M - 30	39	01:15:47	02:13:36.80	02:15:31.10	+00:40:00 (29.5%)	6:21	9.4 (71.2%)
40	ŁUSIAK Łukasz	7887		Senior II M - 30	40	01:15:29	02:15:27.50	02:15:36.15	+00:40:05 (29.6%)	6:27	9.3 (70.5%)
41	GĄSIOR Piotr	7307	ROZBIEGANY SUSZ	Senior II M - 30	41	01:16:56	02:14:40.30	02:16:01.40	+00:40:31 (29.8%)	6:24	9.4 (71.2%)
42	CHUDY Michał	7894		Senior II M - 30	42	01:14:50	02:16:48.60	02:16:56.70	+00:41:26 (30.3%)	6:30	9.2 (69.7%)
43	GAWCZYŃSKI Jakub	7720	TJ!	Senior II M - 30	43	01:17:59	02:16:49.40	02:17:05.45	+00:41:35 (30.3%)	6:30	9.2 (69.7%)
44	BIAŁCZYK Marcin	7633	MARATOŃCZYK POZNAŃ	Senior II M - 30	44	01:16:18	02:17:55.75	02:18:08.05	+00:42:37 (30.9%)	6:34	9.1 (68.9%)
45	DIBELKA Kamil	7244	MIĘCZAKI WOLA CZTEROPAKI	Senior II M - 30	45	01:20:46	02:18:09.35	02:19:53.75	+00:44:23 (31.7%)	6:34	9.1 (68.9%)
46	KOKOTT Marcin	7985	AW - SZYBCIEJ - TEAM	Senior II M - 30	46	01:18:10	02:20:54.80	02:21:15.45	+00:45:45 (32.4%)	6:42	8.9 (67.4%)
47	JEKA Mateusz	7969		Senior II M - 30	47	01:20:46	02:21:01.20	02:21:25.45	+00:45:55 (32.5%)	6:42	8.9 (67.4%)
48	ALBERT Dawid	7615		Senior II M - 30	48	01:19:40	02:21:46.50	02:21:53.35	+00:46:23 (32.7%)	6:45	8.9 (67.4%)
49	ŁUKOMSKI Marcin	7495		Senior II M - 30	49	01:17:11	02:22:15.30	02:22:30.50	+00:47:00 (33.0%)	6:46	8.9 (67.4%)
50	KRAWCZYK Paweł	7299	TRIGYM SZCZECIN	Senior II M - 30	50	01:21:04	02:22:12.65	02:23:02.95	+00:47:32 (33.2%)	6:46	8.9 (67.4%)
51	MENDALA Adam	7730		Senior II M - 30	51	01:21:19	02:21:42.45	02:23:42.05	+00:48:11 (33.5%)	6:44	8.9 (67.4%)
52	PAŚNIEWSKI Piotr	7892	PRZEDWOJEWSKI TEAM	Senior II M - 30	52	01:20:54	02:24:17.55	02:24:26.00	+00:48:55 (33.9%)	6:52	8.7 (65.9%)
53	SZYMAŃSKI Kamil	7329		Senior II M - 30	53	01:21:45	02:24:34.70	02:24:59.15	+00:49:28 (34.1%)	6:53	8.7 (65.9%)
54	PILETSKI Maksim	7674	BIEGACZE STU MOSTÓW	Senior II M - 30	54	01:20:53	02:22:59.90	02:25:11.85	+00:49:41 (34.2%)	6:48	8.8 (66.7%)
55	KAMYK Jakub	7740	SWORDS ATHLETICS	Senior II M - 30	55	01:20:02	02:23:24.00	02:25:32.80	+00:50:02 (34.4%)	6:49	8.8 (66.7%)
56	WORONOWICZ Piotr	7939		Senior II M - 30	56	01:20:07	02:26:38.70	02:27:46.35	+00:52:16 (35.4%)	6:58	8.6 (65.2%)
57	CZYSZCZOŃ Marcin	7630		Senior II M - 30	57	01:23:35	02:26:00.20	02:27:52.25	+00:52:22 (35.4%)	6:57	8.6 (65.2%)
58	PYTEL Sergiusz	7618	SEROWY	Senior II M - 30	58	01:18:15	02:26:03.65	02:28:31.90	+00:53:01 (35.7%)	6:57	8.6 (65.2%)
59	KAWA Hubert	7970	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	59	01:24:35	02:28:21.20	02:28:49.95	+00:53:19 (35.8%)	7:03	8.5 (64.4%)
60	RUDNICKI Krzysztof	7063		Senior II M - 30	60	01:22:04	02:28:25.90	02:28:50.90	+00:53:20 (35.8%)	7:04	8.5 (64.4%)
61	GRZEGOROWSKI Krzysztof	7132	SPORTOWY KAŻMIERZ	Senior II M - 30	61	01:24:32	02:28:17.05	02:29:39.50	+00:54:09 (36.2%)	7:03	8.5 (64.4%)
62	MURASZKO Tomasz	7651	BBL LEGNICA	Senior II M - 30	62	01:18:16	02:29:59.50	02:30:07.75	+00:54:37 (36.4%)	7:08	8.4 (63.6%)
63	KWIATKOWSKI Dawid	7879		Senior II M - 30	63	01:28:17	02:27:43.75	02:30:23.20	+00:54:52 (36.5%)	7:02	8.5 (64.4%)
64	GOŁOFIT Piotr	7314	ACCESTO	Senior II M - 30	64	01:23:53	02:29:48.15	02:30:35.15	+00:55:04 (36.6%)	7:08	8.4 (63.6%)
65	STYK Marek	7323		Senior II M - 30	65	01:17:58	02:30:48.05	02:30:56.40	+00:55:26 (36.7%)	7:10	8.4 (63.6%)
66	MAZUR Rafał	7713		Senior II M - 30	66	01:16:22	02:31:17.35	02:31:18.95	+00:55:48 (36.9%)	7:12	8.3 (62.9%)
67	IWANOW Hubert	7776	MAINEVENT	Senior II M - 30	67	01:21:11	02:30:33.95	02:31:51.10	+00:56:20 (37.1%)	7:10	8.4 (63.6%)
68	MAJIK Jacek	7285		Senior II M - 30	68	01:23:54	02:31:31.55	02:31:58.45	+00:56:28 (37.2%)	7:12	8.3 (62.9%)
69	ZALEWSKI Radosław	7020	WITKOWSKI RUNNING TEAM	Senior II M - 30	69	01:21:49	02:32:08.70	02:32:27.15	+00:56:56 (37.4%)	7:14	8.3 (62.9%)
70	ANDRZEJCZAK Łukasz	7405	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	70	01:26:58	02:32:31.80	02:33:07.05	+00:57:36 (37.6%)	7:15	8.3 (62.9%)
71	MAĆKOWIAK Robert	7860	POLSKA	Senior II M - 30	71	01:29:26	02:30:55.10	02:33:12.85	+00:57:42 (37.7%)	7:11	8.3 (62.9%)
72	KIEPEL Mateusz	7905		Senior II M - 30	72	01:23:28	02:29:59.85	02:33:13.35	+00:57:43 (37.7%)	7:08	8.4 (63.6%)
73	OLEJNIK Piotr	7057		Senior II M - 30	73	01:25:30	02:30:31.05	02:33:42.30	+00:58:12 (37.9%)	7:10	8.4 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
74	DUŻY Karol	7518		Senior II M - 30	74		02:34:26.75	02:34:28.75	+00:58:58 (38.2%)	7:21	8.2 (62.1%)
75	DZIAŁO Wojciech	7175		Senior II M - 30	75	01:28:16	02:36:02.55	02:38:16.55	+01:02:46 (39.7%)	7:25	8.1 (61.4%)
76	BRYCHCY Dariusz	7433	ENDORFINA WSCHOWA	Senior II M - 30	76	01:30:10	02:36:47.20	02:38:18.30	+01:02:48 (39.7%)	7:27	8 (60.6%)
77	GIL Łukasz	7011		Senior II M - 30	77	01:33:25	02:34:55.80	02:38:21.80	+01:02:51 (39.7%)	7:22	8.1 (61.4%)
78	SOCHA Mateusz	7596		Senior II M - 30	78	01:24:52	02:37:31.50	02:38:37.40	+01:03:07 (39.8%)	7:30	8 (60.6%)
79	WALAS Andrzej	7045	PRO-RUN WROCŁAW	Senior II M - 30	79	01:27:46	02:39:06.55	02:39:48.30	+01:04:18 (40.2%)	7:34	7.9 (59.8%)
80	KOWALCZYK Artur	7771		Senior II M - 30	80	01:25:03	02:37:46.95	02:41:02.10	+01:05:31 (40.7%)	7:30	8 (60.6%)
81	PICZ Michał	7723	POMPEJANKA TEAM	Senior II M - 30	81	01:34:39	02:40:16.80	02:42:16.25	+01:06:46 (41.1%)	7:37	7.9 (59.8%)
82	NAJDEREK Michał	7223	PCH_RUN/ FURIA_TEAM	Senior II M - 30	82	01:35:43	02:41:38.20	02:42:34.30	+01:07:04 (41.3%)	7:41	7.8 (59.1%)
83	WIĘCKOWSKI Wiktor	7797		Senior II M - 30	83	01:33:26	02:40:44.80	02:42:37.85	+01:07:07 (41.3%)	7:39	7.8 (59.1%)
84	RUDZKI Martin	7947	PIAST LUTYNIA	Senior II M - 30	84	01:27:06	02:41:01.10	02:42:49.60	+01:07:19 (41.3%)	7:40	7.8 (59.1%)
85	PÓŁTORAK Piotr	7511		Senior II M - 30	85	01:33:59	02:40:25.80	02:43:45.65	+01:08:15 (41.7%)	7:38	7.9 (59.8%)
86	SZYMAŃSKI Maciej	7949		Senior II M - 30	86	01:27:36	02:41:18.80	02:43:46.55	+01:08:16 (41.7%)	7:40	7.8 (59.1%)
87	ŚRODA Maciej	7861		Senior II M - 30	87	01:23:26	02:43:42.25	02:43:50.35	+01:08:20 (41.7%)	7:47	7.7 (58.3%)
88	CHLIPAŁA Marek	7752		Senior II M - 30	88	01:31:28	02:43:47.95	02:44:05.60	+01:08:35 (41.8%)	7:47	7.7 (58.3%)
89	RABEL Michał	7953		Senior II M - 30	89	01:27:33	02:41:49.45	02:44:19.40	+01:08:49 (41.9%)	7:42	7.8 (59.1%)
90	SPANILY Patryk	7726		Senior II M - 30	90	01:32:54	02:43:52.90	02:46:15.15	+01:10:44 (42.6%)	7:48	7.7 (58.3%)
91	KIEŁB Wojciech	7645	KW DZIABKA	Senior II M - 30	91	01:33:56	02:44:05.15	02:46:25.10	+01:10:54 (42.6%)	7:48	7.7 (58.3%)
92	WACHOWIAK Karol	7781		Senior II M - 30	92	01:32:45	02:43:57.65	02:47:19.30	+01:11:49 (42.9%)	7:48	7.7 (58.3%)
93	BENETURSKI Adam	7721	TJ	Senior II M - 30	93	01:33:05	02:45:42.35	02:47:58.70	+01:12:28 (43.1%)	7:53	7.6 (57.6%)
94	WOJCIECHOWSKI Tadeusz	7232	LULINEK	Senior II M - 30	94	01:36:08	02:46:55.25	02:48:00.85	+01:12:30 (43.2%)	7:56	7.5 (56.8%)
95	MICHALAK Kamil	7564	SZYNKARNIA	Senior II M - 30	95	01:27:01	02:46:42.85	02:48:07.40	+01:12:37 (43.2%)	7:56	7.6 (57.6%)
96	MICHALAK Paweł	30		Senior II M - 30	96	01:40:40	02:46:52.05	02:49:23.85	+01:13:53 (43.6%)	7:56	7.6 (57.6%)
97	PASZKIEWICZ Józef	7843		Senior II M - 30	97	01:35:08	02:48:14.65	02:49:31.25	+01:14:01 (43.7%)	8:00	7.5 (56.8%)
98	TARGOWSKI Adam	7542		Senior II M - 30	98	01:37:58	02:46:19.35	02:49:52.50	+01:14:22 (43.8%)	7:55	7.6 (57.6%)
99	LASKOWSKI Lukasz	7786	SZYBKIE PEDAŁY	Senior II M - 30	99	01:37:23	02:48:31.50	02:50:13.85	+01:14:43 (43.9%)	8:01	7.5 (56.8%)
100	PASZKOWSKI Karol	7825		Senior II M - 30	100	01:37:01	02:48:11.45	02:50:14.75	+01:14:44 (43.9%)	8:00	7.5 (56.8%)
101	PETTERSEN Erik	7312	STAREFOSSLØPERNE	Senior II M - 30	101	01:35:50	02:50:06.25	02:50:45.80	+01:15:15 (44.1%)	8:06	7.4 (56.1%)
102	RASZKOWSKI Piotr	7931	ŚLĘZAK TEAM	Senior II M - 30	102	01:38:14	02:50:16.35	02:51:00.60	+01:15:30 (44.2%)	8:06	7.4 (56.1%)
103	MEJZIŃSKI Michał	7936		Senior II M - 30	103	01:34:07	02:50:58.85	02:51:55.50	+01:16:25 (44.5%)	8:08	7.4 (56.1%)
104	BARNUŚ Michał	7686	DZG RUNNERS ZGORZELEC	Senior II M - 30	104	01:35:47	02:51:03.80	02:51:59.90	+01:16:29 (44.5%)	8:08	7.4 (56.1%)
105	RUTKOWSKI Mateusz	7002	WAKACYJNA DEMOLKA	Senior II M - 30	105	01:34:29	02:50:39.20	02:52:02.55	+01:16:32 (44.5%)	8:07	7.4 (56.1%)
106	RUŚKIEWICZ Wojciech	7457	DELOITTE ADVENTURE TEAM	Senior II M - 30	106	01:33:41	02:51:49.20	02:52:03.55	+01:16:33 (44.5%)	8:10	7.3 (55.3%)
107	PIELA Dawid	36		Senior II M - 30	107	01:32:31	02:52:01.80	02:52:20.55	+01:16:50 (44.6%)	8:11	7.3 (55.3%)
108	KRAWCZYKOWSKI Jacek	7510		Senior II M - 30	108	01:31:58	02:50:55.70	02:52:22.50	+01:16:52 (44.6%)	8:08	7.4 (56.1%)
109	SALIŃSKI Bartosz	7508	ZĄŁOGA GÓRSKA / AUGUSTEAM	Senior II M - 30	109	01:30:47	02:52:54.35	02:52:59.20	+01:17:28 (44.8%)	8:14	7.3 (55.3%)
110	CZAJKA Bartłomiej	7588	TEAM TAPFLO	Senior II M - 30	110	01:31:00	02:52:26.95	02:53:04.25	+01:17:34 (44.8%)	8:12	7.3 (55.3%)
111	ŁATAK Wojciech	7895		Senior II M - 30	111		02:53:08.00	02:53:14.00	+01:17:43 (44.9%)	8:14	7.3 (55.3%)
112	MIERZYŃSKI Rafał	7816	BIEGING TEAM ZELÓW	Senior II M - 30	112	01:34:43	02:51:23.50	02:53:49.80	+01:18:19 (45.1%)	8:09	7.4 (56.1%)
113	ZABOROWSKI Kamil	7288	ZALINIAMETY	Senior II M - 30	113	01:33:16	02:54:08.95	02:54:46.65	+01:19:16 (45.4%)	8:17	7.2 (54.5%)
114	MAĆKOWIAK Marcin	7935	WOŁÓW BIEGA	Senior II M - 30	114	01:33:36	02:54:18.20	02:54:59.35	+01:19:29 (45.4%)	8:18	7.2 (54.5%)
115	CYRAN Wojtek	7768		Senior II M - 30	115	01:33:53	02:51:59.85	02:55:14.35	+01:19:44 (45.5%)	8:11	7.3 (55.3%)
116	RAJZER Piotr	7505		Senior II M - 30	116	01:32:25	02:55:26.35	02:55:51.95	+01:20:21 (45.7%)	8:21	7.2 (54.5%)
117	PAKUŁA Tomasz	7088		Senior II M - 30	117	01:40:49	02:54:38.45	02:57:02.40	+01:21:32 (46.1%)	8:18	7.2 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
118	KOZŁOWSKI Dawid	7579		Senior II M - 30	118	01:49:08	02:54:59.35	02:57:11.80	+01:21:41 (46.1%)	8:19	7.2 (54.5%)
119	SKALIK Wojtek	7623		Senior II M - 30	119	01:33:34	02:56:00.80	02:59:03.60	+01:23:33 (46.7%)	8:22	7.2 (54.5%)
120	GAJEWSKI Marek	7502		Senior II M - 30	120	01:41:18	02:59:26.50	03:01:22.15	+01:25:51 (47.3%)	8:32	7 (53.0%)
121	MATYJASZCZYK Marcin	7344	TARNOWO PODGÓRNE BIEGA	Senior II M - 30	121	01:42:18	02:58:37.00	03:01:24.90	+01:25:54 (47.4%)	8:30	7.1 (53.8%)
122	PACHOWICZ Adam	7577		Senior II M - 30	122	01:40:11	03:00:04.80	03:01:25.65	+01:25:55 (47.4%)	8:34	7 (53.0%)
123	MUSIALSKI Marcin	7391		Senior II M - 30	123	01:38:26	02:59:18.70	03:01:36.05	+01:26:05 (47.4%)	8:32	7 (53.0%)
124	PŁUCIENNICZAK Bartosz	7837		Senior II M - 30	124	01:37:03	03:01:09.75	03:02:34.85	+01:27:04 (47.7%)	8:37	7 (53.0%)
125	CARDUCCI Mattia	7173		Senior II M - 30	125	01:40:22	02:59:36.75	03:03:00.00	+01:27:29 (47.8%)	8:33	7 (53.0%)
126	KARWOWSKI Maciej	7067		Senior II M - 30	126	01:48:30	03:00:32.40	03:03:44.65	+01:28:14 (48.0%)	8:35	7 (53.0%)
127	CHEŁCHOWSKI Mateusz	7991		Senior II M - 30	127	01:45:05	03:03:00.95	03:03:53.00	+01:28:22 (48.1%)	8:42	6.9 (52.3%)
128	HERNIK Piotr	7519		Senior II M - 30	128	01:41:16	03:01:10.80	03:03:54.65	+01:28:24 (48.1%)	8:37	7 (53.0%)
129	DŁUGOSZEWSKI Grzegorz	7643		Senior II M - 30	129	01:43:36	03:02:58.95	03:04:52.75	+01:29:22 (48.3%)	8:42	6.9 (52.3%)
130	BIŃCZYK Dariusz	7692	ZABIEGANI CZĘSTOCHOWA	Senior II M - 30	130	01:34:10	03:02:18.50	03:05:00.30	+01:29:30 (48.4%)	8:40	6.9 (52.3%)
131	STACHOWIAK Kamil	7500	SPORT GENERATION	Senior II M - 30	131	01:35:48	03:05:09.25	03:05:21.65	+01:29:51 (48.5%)	8:49	6.8 (51.5%)
132	FERENC Stanisław	7493	ZRYW PARZYMIECHY	Senior II M - 30	132	01:43:19	03:03:18.20	03:05:31.40	+01:30:01 (48.5%)	8:43	6.9 (52.3%)
133	GOS Sebastian	7968		Senior II M - 30	133	01:34:56	03:04:37.00	03:06:42.95	+01:31:12 (48.9%)	8:47	6.8 (51.5%)
134	RADZIEJOWSKI Michał	7754	FRUNĘ TEAM	Senior II M - 30	134	01:35:49	03:05:38.45	03:07:46.20	+01:32:15 (49.1%)	8:50	6.8 (51.5%)
135	DRÓŻDŻ Arkadiusz	7293		Senior II M - 30	135	01:36:27	03:06:49.45	03:09:09.95	+01:33:39 (49.5%)	8:53	6.7 (50.8%)
136	OLEJNICZAK Paweł	7425		Senior II M - 30	136	01:44:29	03:08:18.00	03:09:59.45	+01:34:29 (49.7%)	8:58	6.7 (50.8%)
137	WYBRANIEC Tomasz	7278		Senior II M - 30	137	01:41:22	03:10:28.65	03:10:48.45	+01:35:18 (49.9%)	9:04	6.6 (50.0%)
138	BOREK Mateusz	7018		Senior II M - 30	138	01:54:11	03:07:49.70	03:11:04.10	+01:35:33 (50.0%)	8:56	6.7 (50.8%)
139	LEWANDOWSKI Patryk	7898		Senior II M - 30	139	01:53:16	03:08:07.90	03:11:47.35	+01:36:17 (50.2%)	8:57	6.7 (50.8%)
140	MAŚLANKA Łukasz	7010		Senior II M - 30	140	01:44:00	03:10:30.50	03:12:03.55	+01:36:33 (50.3%)	9:04	6.6 (50.0%)
141	GUTOWSKI Piotr	7629		Senior II M - 30	141	01:49:26	03:10:53.30	03:12:06.30	+01:36:36 (50.3%)	9:05	6.6 (50.0%)
142	STACHURSKI Paweł	7212	KRULOWIE RZYZIA	Senior II M - 30	142	01:46:04	03:10:19.65	03:12:40.45	+01:37:10 (50.4%)	9:03	6.6 (50.0%)
143	DERDA Łukasz	7353		Senior II M - 30	143	01:44:31	03:10:29.55	03:13:06.60	+01:37:36 (50.5%)	9:04	6.6 (50.0%)
144	SOBOŃ Łukasz	7273		Senior II M - 30	144	01:49:24	03:14:01.70	03:15:32.45	+01:40:02 (51.2%)	9:14	6.5 (49.2%)
145	BŁASZKIEWICZ Marcin	7836		Senior II M - 30	145	01:42:35	03:15:01.45	03:15:59.65	+01:40:29 (51.3%)	9:17	6.5 (49.2%)
146	MICHALAK Adrian	7513		Senior II M - 30	146	01:46:11	03:13:38.35	03:15:59.85	+01:40:29 (51.3%)	9:13	6.5 (49.2%)
147	BUKOWSKI Michał	7517		Senior II M - 30	147	01:40:52	03:13:39.30	03:16:28.90	+01:40:58 (51.4%)	9:13	6.5 (49.2%)
148	GNATOWSKI Przemysław	7308		Senior II M - 30	148	01:52:43	03:13:27.90	03:17:01.65	+01:41:31 (51.5%)	9:12	6.5 (49.2%)
149	PAŚKO Dariusz	7710		Senior II M - 30	149	01:55:30	03:13:51.00	03:17:07.10	+01:41:36 (51.5%)	9:13	6.5 (49.2%)
150	KACHNIARZ Tomasz	7133	SPORT GENERATION	Senior II M - 30	150	01:49:49	03:17:54.85	03:18:44.90	+01:43:14 (51.9%)	9:25	6.4 (48.5%)
151	KOCHOWICZ Filip	7870	WLKP MOUNTAINS ULTRA	Senior II M - 30	151	01:54:17	03:17:04.10	03:18:56.25	+01:43:26 (52.0%)	9:23	6.4 (48.5%)
152	PYREK Dawid	7690	TOROS DE ESPANA	Senior II M - 30	152	01:52:13	03:17:31.65	03:19:41.75	+01:44:11 (52.2%)	9:24	6.4 (48.5%)
153	FILIPEK Mateusz	7102		Senior II M - 30	153	01:48:37	03:18:20.50	03:21:33.00	+01:46:02 (52.6%)	9:26	6.4 (48.5%)
154	PUSZEK Jacek	7770		Senior II M - 30	154	01:47:57	03:21:02.05	03:22:31.40	+01:47:01 (52.8%)	9:34	6.3 (47.7%)
155	CNOTALSKI Adam	7346		Senior II M - 30	155	01:47:13	03:21:22.75	03:22:32.75	+01:47:02 (52.8%)	9:35	6.3 (47.7%)
156	WOJCIECHOWSKI Maciej	7099		Senior II M - 30	156	01:43:29	03:21:33.70	03:22:57.65	+01:47:27 (52.9%)	9:35	6.3 (47.7%)
157	KULIGOWSKI Piotr	7910	KOTKI	Senior II M - 30	157	01:42:41	03:19:46.15	03:23:22.75	+01:47:52 (53.0%)	9:30	6.3 (47.7%)
158	BUCZMA Paweł	7350	TERAZ SUDETY	Senior II M - 30	158	01:44:54	03:23:46.30	03:23:55.40	+01:48:25 (53.2%)	9:42	6.2 (47.0%)
159	WIJATYK Adam	7465		Senior II M - 30	159	01:49:34	03:22:37.30	03:24:11.70	+01:48:41 (53.2%)	9:38	6.2 (47.0%)
160	KRAWCZYK Marcin	7427	NATALIA TOMASIAK-GÓRSKI STYL TEAM	Senior II M - 30	160	01:54:28	03:23:39.50	03:25:01.55	+01:49:31 (53.4%)	9:41	6.2 (47.0%)
161	SARACEN Tomasz	7245		Senior II M - 30	161	01:53:51	03:22:50.40	03:25:47.80	+01:50:17 (53.6%)	9:39	6.2 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	ZIELIŃSKI Paweł	7717		Senior II M - 30	162	01:55:57	03:25:05.60	03:26:28.35	+01:50:58 (53.7%)	9:45	6.1 (46.2%)
163	MACIUK Krzysztof	7336	ACTIVE LIFESTYLE	Senior II M - 30	163	01:52:16	03:24:43.20	03:26:33.65	+01:51:03 (53.8%)	9:44	6.2 (47.0%)
164	GAŁĄZKA Mateusz	7183	ITMBW KRAKÓW	Senior II M - 30	164	01:55:20	03:25:25.40	03:26:51.00	+01:51:20 (53.8%)	9:46	6.1 (46.2%)
165	SMUGA Łukasz	7847	BIEGAJĄCE KREJZOLE	Senior II M - 30	165	01:52:11	03:27:15.40	03:29:09.20	+01:53:38 (54.3%)	9:52	6.1 (46.2%)
166	BARCIKOWSKI Maciej	7755	DESMI	Senior II M - 30	166	01:53:10	03:29:12.10	03:31:14.35	+01:55:44 (54.8%)	9:57	6 (45.5%)
167	LANKAUF Jacek	7642	XD RUNNERS	Senior II M - 30	167	01:58:20	03:32:57.60	03:36:15.25	+02:00:45 (55.8%)	10:08	5.9 (44.7%)
168	JESIONEK Paweł	7647	XD RUNNERS	Senior II M - 30	168	01:58:30	03:32:57.80	03:36:15.70	+02:00:45 (55.8%)	10:08	5.9 (44.7%)
169	KONIECZNY Paweł	7291		Senior II M - 30	169	02:03:05	03:36:33.40	03:38:50.85	+02:03:20 (56.4%)	10:18	5.8 (43.9%)
170	KASPRZAK Łukasz	7437		Senior II M - 30	170	02:01:12	03:39:17.65	03:42:47.75	+02:07:17 (57.1%)	10:26	5.7 (43.2%)
171	KUMOLKA Tomek	7470		Senior II M - 30	171	01:59:42	03:39:48.45	03:43:05.60	+02:07:35 (57.2%)	10:28	5.7 (43.2%)
172	STASZEWSKI Dariusz	7810	7BKPOW	Senior II M - 30	172	01:51:55	03:43:52.15	03:44:57.55	+02:09:27 (57.5%)	10:39	5.6 (42.4%)
173	KOCHAŃSKI Tomasz	7111	PARKRUN GRUDZIĄDZ	Senior II M - 30	173	02:10:01	03:42:26.70	03:45:13.85	+02:09:43 (57.6%)	10:35	5.7 (43.2%)
174	MORAWSKI Piotr	7992		Senior II M - 30	174	02:07:08	03:46:02.20	03:48:15.05	+02:12:44 (58.2%)	10:45	5.6 (42.4%)
175	JĘDRASZAK Mateusz	7259		Senior II M - 30	175	02:02:34	03:48:14.25	03:49:57.45	+02:14:27 (58.5%)	10:52	5.5 (41.7%)
176	SKOWRONEK Tomasz	7034	OJ NIEFAJNIE	Senior II M - 30	176	02:13:31	03:51:44.05	03:53:31.65	+02:18:01 (59.1%)	11:02	5.4 (40.9%)
177	CHOMĄTOWSKI Daniel	7301		Senior II M - 30	177	02:11:22	03:51:45.85	03:53:38.35	+02:18:08 (59.1%)	11:02	5.4 (40.9%)
178	GLINSKI Mateusz	7913		Senior II M - 30	178	02:01:16	03:50:56.90	03:54:35.55	+02:19:05 (59.3%)	10:59	5.5 (41.7%)
179	HETEL Adam	7974	KLUB BIEGACZA RTV EURO AGD	Senior II M - 30	179	02:11:05	03:55:11.25	03:55:51.70	+02:20:21 (59.5%)	11:11	5.4 (40.9%)
180	JUSKOWIAK Mikołaj	7355		Senior II M - 30	180	02:14:30	03:57:10.10	03:59:00.85	+02:23:30 (60.0%)	11:17	5.3 (40.2%)
181	URBAN Artur	7449		Senior II M - 30	181	02:10:04	03:56:58.25	04:00:10.75	+02:24:40 (60.2%)	11:17	5.3 (40.2%)
182	MADAJCZYK Tomasz	7302		Senior II M - 30	182	02:07:26	03:59:54.95	04:01:47.75	+02:26:17 (60.5%)	11:25	5.3 (40.2%)
183	BIS Marcin	7657		Senior II M - 30	183	02:15:49	04:05:43.85	04:07:38.25	+02:32:08 (61.4%)	11:42	5.1 (38.6%)
184	GONCIARZ Michał	7881		Senior II M - 30	184	02:28:00	04:17:33.60	04:21:16.15	+02:45:45 (63.4%)	12:15	4.9 (37.1%)
185	HALBTUCH Michał	7568		Senior II M - 30	185	02:19:12	04:31:35.20	04:35:21.55	+02:59:51 (65.3%)	12:55	4.6 (34.8%)
186	WEKA Krzysztof	7012	BIAŁYSTOK BIEGA TEAM	Senior II M - 30	186	02:32:46	04:36:10.75	04:36:25.50	+03:00:55 (65.5%)	13:09	4.6 (34.8%)
	BEDNAREK Adrian	7736	ADRIANBEDNAREK.PL	Senior II M - 30		00:53:49 DNF	DNF	DNF	-	-	(0.0%)
	WISZNIEWICZ Piotr	23		Senior II M - 30		01:52:16 DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 188 wynik(ów)