

# ZŁOTY PÓLMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-20  
**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	<b>NÁPRAVNÍK Jan</b>	<b>2382</b>		Senior II M - 30	1	00:55:25	<b>01:40:52.15</b>	<b>01:40:55.85</b>		4:48	12.5 (100%)
2	<b>WOLAŃSKI Jan</b>	<b>2338</b>	STAL FOX BIMARKO	Senior II M - 30	2	01:01:26	<b>01:44:23.55</b>	<b>01:44:31.05</b>	+00:03:35 (3.4%)	4:58	12.1 (96.8%)
3	<b>WILK Maciej</b>	<b>2189</b>	RAMBO 3	Senior II M - 30	3	00:59:27	<b>01:44:24.80</b>	<b>01:44:42.70</b>	+00:03:46 (3.6%)	4:58	12.1 (96.8%)
4	<b>PAJĄK Tomasz</b>	<b>2304</b>	VEGE RUNNERS	Senior II M - 30	4	01:01:08	<b>01:47:47.45</b>	<b>01:47:57.40</b>	+00:07:01 (6.5%)	5:08	11.7 (93.6%)
5	<b>MYSZCZYSZYN Łukasz</b>	<b>2093</b>	ANTRACYT	Senior II M - 30	5	01:01:00	<b>01:48:36.50</b>	<b>01:48:39.10</b>	+00:07:43 (7.1%)	5:10	11.6 (92.8%)
6	<b>KOWAL Amadeusz</b>	<b>2377</b>	NAPRZÓD MŁOCINY	Senior II M - 30	6	01:02:03	<b>01:49:34.05</b>	<b>01:49:38.55</b>	+00:08:42 (7.9%)	5:13	11.5 (92.0%)
7	<b>PRZYBYLSKI Łukasz</b>	<b>2218</b>	KS IDMAR	Senior II M - 30	7	01:03:53	<b>01:52:47.55</b>	<b>01:52:50.90</b>	+00:11:55 (10.6%)	5:22	11.2 (89.6%)
8	<b>DURMAJ Bartek</b>	<b>2014</b>		Senior II M - 30	8	01:05:00	<b>01:53:31.30</b>	<b>01:53:36.10</b>	+00:12:40 (11.2%)	5:24	11.1 (88.8%)
9	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>2081</b>	ROCKY BALBOA RUNNING CLUB	Senior II M - 30	9	01:03:54	<b>01:54:52.70</b>	<b>01:55:09.70</b>	+00:14:13 (12.4%)	5:28	11 (88.0%)
10	<b>PIRÓG Arkadiusz</b>	<b>2386</b>	PISFAK	Senior II M - 30	10	01:06:10	<b>01:55:11.95</b>	<b>01:55:14.25</b>	+00:14:18 (12.4%)	5:29	10.9 (87.2%)
11	<b>BRZESZKIEWICZ Michał</b>	<b>2411</b>	BIEGIEM PO PIWO	Senior II M - 30	11	01:07:47	<b>01:58:01.70</b>	<b>01:58:10.30</b>	+00:17:14 (14.6%)	5:37	10.7 (85.6%)
12	<b>URBANEK Zbyszek</b>	<b>2275</b>		Senior II M - 30	12	01:08:08	<b>01:58:23.65</b>	<b>01:58:26.10</b>	+00:17:30 (14.8%)	5:38	10.6 (84.8%)
13	<b>CITKO Maciej</b>	<b>2208</b>	BIEG OPOLSKI	Senior II M - 30	13	01:10:10	<b>02:02:33.05</b>	<b>02:02:45.50</b>	+00:21:49 (17.8%)	5:50	10.3 (82.4%)
14	<b>MAJCHRZAK Marcin</b>	<b>2367</b>	DELOITTE ADVENTURE TEAM	Senior II M - 30	14	01:07:12	<b>02:03:09.15</b>	<b>02:03:17.25</b>	+00:22:21 (18.1%)	5:51	10.2 (81.6%)
15	<b>PAWLAK Bartosz</b>	<b>2370</b>	ZAŁOGA GORSKA	Senior II M - 30	15	01:10:05	<b>02:08:24.90</b>	<b>02:08:29.85</b>	+00:27:34 (21.5%)	6:06	9.8 (78.4%)
16	<b>JANKOWSKI Janusz</b>	<b>2358</b>		Senior II M - 30	16	01:12:45	<b>02:08:03.05</b>	<b>02:08:36.30</b>	+00:27:40 (21.5%)	6:05	9.8 (78.4%)
17	<b>MOLENDĄ Maciej</b>	<b>2127</b>	RONAL POLSKA RUN	Senior II M - 30	17	01:15:21	<b>02:09:11.10</b>	<b>02:09:30.25</b>	+00:28:34 (22.1%)	6:09	9.8 (78.4%)
18	<b>DEMKOWSKI Marcin</b>	<b>2313</b>		Senior II M - 30	18	01:15:19	<b>02:11:10.05</b>	<b>02:11:36.50</b>	+00:30:40 (23.3%)	6:14	9.6 (76.8%)
19	<b>CHODOROWSKI Krzysztof</b>	<b>2135</b>	PRZEBIEGA.PL	Senior II M - 30	19	01:13:03	<b>02:11:35.65</b>	<b>02:11:50.80</b>	+00:30:54 (23.4%)	6:15	9.6 (76.8%)
20	<b>ANTOSIAK Tomasz</b>	<b>2132</b>	TRIATHLON MIETKÓW TEAM	Senior II M - 30	20	01:16:33	<b>02:11:43.35</b>	<b>02:11:54.35</b>	+00:30:58 (23.5%)	6:16	9.6 (76.8%)
21	<b>OLESZAK Piotr</b>	<b>2280</b>	STREFA CHILLOUT'U / I LOVE ZIEMEK	Senior II M - 30	21	01:16:08	<b>02:12:40.10</b>	<b>02:12:58.20</b>	+00:32:02 (24.1%)	6:19	9.5 (76.0%)
22	<b>PAWLAK Gabriel</b>	<b>2321</b>	ERGOCONCEPT	Senior II M - 30	22	01:17:33	<b>02:13:08.85</b>	<b>02:13:17.30</b>	+00:32:21 (24.3%)	6:20	9.5 (76.0%)
23	<b>KOSMAŁA Szymon</b>	<b>2150</b>		Senior II M - 30	23	01:15:28	<b>02:13:17.80</b>	<b>02:13:51.45</b>	+00:32:55 (24.6%)	6:20	9.5 (76.0%)
24	<b>KUBACKA Sebastian</b>	<b>2243</b>		Senior II M - 30	24	01:15:58	<b>02:14:15.95</b>	<b>02:14:20.10</b>	+00:33:24 (24.9%)	6:23	9.4 (75.2%)
25	<b>BIEŃKOWSKI Kamil</b>	<b>2018</b>	BE BETTER	Senior II M - 30	25	01:16:06	<b>02:14:26.00</b>	<b>02:15:19.10</b>	+00:34:23 (25.4%)	6:24	9.4 (75.2%)
26	<b>STEMPNIAK Daniel</b>	<b>2210</b>	KS MARATON OSTRÓW WLKP.	Senior II M - 30	26	01:17:19	<b>02:15:52.15</b>	<b>02:15:57.90</b>	+00:35:02 (25.8%)	6:28	9.3 (74.4%)
27	<b>BACA Łukasz</b>	<b>2252</b>	RAMBO 3	Senior II M - 30	27	01:18:56	<b>02:16:25.40</b>	<b>02:16:50.10</b>	+00:35:54 (26.2%)	6:29	9.2 (73.6%)
28	<b>UHEREK Michał</b>	<b>2260</b>	YODA	Senior II M - 30	28	01:16:44	<b>02:16:39.95</b>	<b>02:17:10.70</b>	+00:36:14 (26.4%)	6:30	9.2 (73.6%)
29	<b>OLESZOWSKI Marcin</b>	<b>2332</b>	LUXON	Senior II M - 30	29	01:13:42	<b>02:17:24.35</b>	<b>02:17:49.75</b>	+00:36:53 (26.8%)	6:32	9.2 (73.6%)

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30	<b>BUDZIŃSKI Damian</b>	<b>2269</b>	NYSA BIEGA	Senior II M - 30	30	01:19:32	<b>02:17:33.60</b>	<b>02:17:56.10</b>	+00:37:00 (26.8%)	6:33	9.2 (73.6%)
31	<b>JANKOWIAK Krzysztof</b>	<b>2012</b>	MARCO	Senior II M - 30	31	01:18:17	<b>02:17:55.00</b>	<b>02:18:04.20</b>	+00:37:08 (26.9%)	6:34	9.1 (72.8%)
32	<b>BADEWICZ Tomasz</b>	<b>2259</b>	GARAGE JIM BEAM	Senior II M - 30	32	01:15:27	<b>02:18:39.15</b>	<b>02:18:54.95</b>	+00:37:59 (27.3%)	6:36	9.1 (72.8%)
33	<b>LEWANDOWSKI Piotr</b>	<b>2102</b>		Senior II M - 30	33	01:19:06	<b>02:18:32.50</b>	<b>02:18:59.45</b>	+00:38:03 (27.4%)	6:35	9.1 (72.8%)
34	<b>DRUMMOND Adam</b>	<b>2113</b>	SERPENTINE RC	Senior II M - 30	34	01:22:22	<b>02:19:07.05</b>	<b>02:19:44.65</b>	+00:38:48 (27.8%)	6:37	9.1 (72.8%)
35	<b>OSTROWSKI Paweł</b>	<b>2347</b>	REHMEDICA.PL	Senior II M - 30	35	01:18:19	<b>02:19:37.90</b>	<b>02:19:44.70</b>	+00:38:48 (27.8%)	6:38	9 (72.0%)
36	<b>CZARNIECKI Daniel</b>	<b>2128</b>	TIE-RUN	Senior II M - 30	36	01:16:41	<b>02:19:38.15</b>	<b>02:19:53.80</b>	+00:38:57 (27.9%)	6:38	9 (72.0%)
37	<b>SAJEWICZ Grzegorz</b>	<b>2261</b>		Senior II M - 30	37	01:21:18	<b>02:19:37.55</b>	<b>02:19:55.20</b>	+00:38:59 (27.9%)	6:38	9 (72.0%)
38	<b>ORZECHOWSKI Daniel</b>	<b>2320</b>	I-SPORT	Senior II M - 30	38	01:22:07	<b>02:19:43.05</b>	<b>02:20:06.45</b>	+00:39:10 (28.0%)	6:39	9 (72.0%)
39	<b>FUKS Michał</b>	<b>2315</b>	GRUPA FUX	Senior II M - 30	39	01:21:44	<b>02:20:06.75</b>	<b>02:20:35.55</b>	+00:39:39 (28.2%)	6:40	9 (72.0%)
40	<b>SUCH Arkadiusz</b>	<b>2389</b>	RZESZOWSKIE GAZELE I GEPARDY	Senior II M - 30	40	01:20:44	<b>02:20:00.45</b>	<b>02:20:47.70</b>	+00:39:51 (28.3%)	6:40	9 (72.0%)
41	<b>PIENIĘŻNY Marek</b>	<b>2251</b>	KOŹMIN BIEGA	Senior II M - 30	41	01:21:59	<b>02:20:56.40</b>	<b>02:21:08.10</b>	+00:40:12 (28.5%)	6:42	8.9 (71.2%)
42	<b>OCHMAN Paweł</b>	<b>2361</b>	FUTURE PROCESSING RUNNING TEAM	Senior II M - 30	42	01:20:41	<b>02:20:56.15</b>	<b>02:21:12.20</b>	+00:40:16 (28.5%)	6:42	8.9 (71.2%)
43	<b>WOJCZUK Paweł</b>	<b>2106</b>		Senior II M - 30	43	01:15:40	<b>02:21:00.20</b>	<b>02:21:24.30</b>	+00:40:28 (28.6%)	6:42	8.9 (71.2%)
44	<b>FĄFARA Marek</b>	<b>2284</b>	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	Senior II M - 30	44	01:23:22	<b>02:21:15.90</b>	<b>02:21:26.15</b>	+00:40:30 (28.6%)	6:43	8.9 (71.2%)
45	<b>OZIMEK Michał</b>	<b>2378</b>	PRO RUN WROCŁAW	Senior II M - 30	45	01:22:19	<b>02:22:47.40</b>	<b>02:23:00.70</b>	+00:42:04 (29.4%)	6:47	8.8 (70.4%)
46	<b>NAJDEREK Maciej</b>	<b>2201</b>	PIĘKNA HELENA	Senior II M - 30	46	01:18:21	<b>02:23:14.55</b>	<b>02:23:33.80</b>	+00:42:37 (29.7%)	6:49	8.8 (70.4%)
47	<b>CZERWONKA Zbigniew</b>	<b>2324</b>	1983	Senior II M - 30	47	01:24:38	<b>02:23:28.10</b>	<b>02:23:34.90</b>	+00:42:39 (29.7%)	6:49	8.8 (70.4%)
48	<b>HACZKIEWICZ Bartosz</b>	<b>2357</b>	MILKY2017	Senior II M - 30	48	01:17:51	<b>02:23:14.05</b>	<b>02:23:52.25</b>	+00:42:56 (29.8%)	6:49	8.8 (70.4%)
49	<b>KRUPA Bartłomiej</b>	<b>2110</b>		Senior II M - 30	49	01:22:31	<b>02:23:50.90</b>	<b>02:24:23.55</b>	+00:43:27 (30.1%)	6:51	8.8 (70.4%)
50	<b>PIOTROWSKI Rafael</b>	<b>2418</b>		Senior II M - 30	50	01:20:47	<b>02:24:47.00</b>	<b>02:24:57.00</b>	+00:44:01 (30.4%)	6:53	8.7 (69.6%)
51	<b>LASZCZYŃSKI Michał</b>	<b>2240</b>		Senior II M - 30	51	01:23:30	<b>02:25:12.25</b>	<b>02:25:42.20</b>	+00:44:46 (30.7%)	6:54	8.7 (69.6%)
52	<b>GRĘDA Mariusz</b>	<b>2134</b>		Senior II M - 30	52	01:20:30	<b>02:25:55.75</b>	<b>02:26:01.45</b>	+00:45:05 (30.9%)	6:56	8.6 (68.8%)
53	<b>SZARLEJ Piotr</b>	<b>2319</b>	FUDU&CO. SPORT TEAM	Senior II M - 30	53	01:19:42	<b>02:25:53.00</b>	<b>02:26:07.85</b>	+00:45:12 (30.9%)	6:56	8.6 (68.8%)
54	<b>MALENDOWICZ Przemysław</b>	<b>2151</b>		Senior II M - 30	54	01:21:48	<b>02:26:35.25</b>	<b>02:27:05.45</b>	+00:46:09 (31.4%)	6:58	8.6 (68.8%)
55	<b>WYSTRYCHOWSKI Marcin</b>	<b>2220</b>	BFAGENCJA.PL	Senior II M - 30	55	01:16:27	<b>02:28:12.95</b>	<b>02:28:18.80</b>	+00:47:22 (31.9%)	7:03	8.5 (68.0%)
56	<b>HOFMAN Paweł</b>	<b>2381</b>		Senior II M - 30	56	01:22:32	<b>02:28:30.95</b>	<b>02:28:42.85</b>	+00:47:47 (32.1%)	7:04	8.5 (68.0%)
57	<b>ŚRÓDKA Bartłomiej</b>	<b>2245</b>		Senior II M - 30	57	01:26:55	<b>02:28:45.85</b>	<b>02:29:13.85</b>	+00:48:18 (32.4%)	7:05	8.5 (68.0%)
58	<b>CIESIELSKI Sebastian</b>	<b>2021</b>	KIBOLE W BIEGU / PAKIECIARZE TEAM	Senior II M - 30	58	01:27:09	<b>02:29:53.40</b>	<b>02:30:12.25</b>	+00:49:16 (32.8%)	7:08	8.4 (67.2%)
59	<b>RYCHLEWICZ Tomasz</b>	<b>2078</b>		Senior II M - 30	59	01:25:08	<b>02:30:07.30</b>	<b>02:30:27.80</b>	+00:49:31 (32.9%)	7:08	8.4 (67.2%)
60	<b>JĘDRYCA Przemysław</b>	<b>2412</b>	SPARTA ULTRA TEAM	Senior II M - 30	60	01:22:11	<b>02:30:23.85</b>	<b>02:30:58.60</b>	+00:50:02 (33.1%)	7:09	8.4 (67.2%)
61	<b>KOSTROWICKI Jakub</b>	<b>2121</b>	SIERADZBIEGA.PL	Senior II M - 30	61	01:25:40	<b>02:31:09.45</b>	<b>02:31:15.80</b>	+00:50:19 (33.3%)	7:11	8.3 (66.4%)
62	<b>TROJANOWSKI Jakub</b>	<b>2273</b>		Senior II M - 30	62	01:26:10	<b>02:31:11.20</b>	<b>02:31:29.25</b>	+00:50:33 (33.4%)	7:11	8.3 (66.4%)
63	<b>PYTEL Mateusz</b>	<b>2070</b>	NETBOX BIEGA	Senior II M - 30	63	01:28:57	<b>02:30:51.80</b>	<b>02:31:36.10</b>	+00:50:40 (33.4%)	7:11	8.4 (67.2%)
64	<b>GINTER Grzegorz</b>	<b>2390</b>	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	64	01:31:36	<b>02:31:28.80</b>	<b>02:31:40.10</b>	+00:50:44 (33.5%)	7:12	8.3 (66.4%)
65	<b>CHĘCIŃSKI Łukasz</b>	<b>2063</b>		Senior II M - 30	65	01:24:43	<b>02:31:28.05</b>	<b>02:31:50.05</b>	+00:50:54 (33.5%)	7:12	8.3 (66.4%)
66	<b>WOJCIECHOWSKI Mateusz</b>	<b>2117</b>		Senior II M - 30	66	01:25:23	<b>02:32:12.50</b>	<b>02:32:46.90</b>	+00:51:51 (33.9%)	7:14	8.3 (66.4%)
67	<b>MICHAŁOWICZ Marek</b>	<b>2392</b>		Senior II M - 30	67	01:26:15	<b>02:32:35.65</b>	<b>02:32:48.45</b>	+00:51:52 (33.9%)	7:16	8.3 (66.4%)
68	<b>GAŁKA Stanisław</b>	<b>2283</b>	FLUNKYBALL TEAM ŁĄDEK ZDRÓJ	Senior II M - 30	68	01:25:10	<b>02:33:18.40</b>	<b>02:33:31.55</b>	+00:52:35 (34.3%)	7:18	8.2 (65.6%)
69	<b>SZMAJDA Dominik</b>	<b>2297</b>	NIE MAM POMYSŁU	Senior II M - 30	69	01:25:36	<b>02:33:43.45</b>	<b>02:33:49.10</b>	+00:52:53 (34.4%)	7:19	8.2 (65.6%)
70	<b>SADOWSKI Piotr</b>	<b>2016</b>	OSTRÓDA RESCUE TEAM	Senior II M - 30	70		<b>02:35:11.30</b>	<b>02:35:32.30</b>	+00:54:36 (35.1%)	7:23	8.1 (64.8%)
71	<b>MAZIEC Roman</b>	<b>2340</b>		Senior II M - 30	71	01:28:58	<b>02:36:06.40</b>	<b>02:36:10.05</b>	+00:55:14 (35.4%)	7:26	8.1 (64.8%)
72	<b>OLESZAK Jacek</b>	<b>2279</b>	POLLINE	Senior II M - 30	72	01:27:39	<b>02:36:19.70</b>	<b>02:36:38.70</b>	+00:55:42 (35.6%)	7:26	8.1 (64.8%)
73	<b>KULAK Michal</b>	<b>2230</b>		Senior II M - 30	73	01:28:02	<b>02:37:30.45</b>	<b>02:37:52.45</b>	+00:56:56 (36.1%)	7:30	8 (64.0%)

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74	<b>SKORUPSKI Szymon</b>	<b>2353</b>	KURACJUSZE	Senior II M - 30	74	01:29:12	<b>02:38:14.40</b>	<b>02:38:22.30</b>	+00:57:26 (36.3%)	7:32	8 (64.0%)
75	<b>SAJEWICZ Piotr</b>	<b>2257</b>	TURBINA BALAKOWO	Senior II M - 30	75	01:30:19	<b>02:39:12.10</b>	<b>02:39:31.55</b>	+00:58:35 (36.7%)	7:34	7.9 (63.2%)
76	<b>STACHLIK Dawid</b>	<b>2410</b>		Senior II M - 30	76	01:31:23	<b>02:39:49.25</b>	<b>02:40:02.05</b>	+00:59:06 (36.9%)	7:36	7.9 (63.2%)
77	<b>BARTKIEWICZ Ireneusz</b>	<b>2250</b>		Senior II M - 30	77	01:28:57	<b>02:40:12.90</b>	<b>02:40:40.95</b>	+00:59:45 (37.2%)	7:37	7.9 (63.2%)
78	<b>MATAK Paweł</b>	<b>2186</b>		Senior II M - 30	78	01:29:20	<b>02:40:14.35</b>	<b>02:40:41.10</b>	+00:59:45 (37.2%)	7:37	7.9 (63.2%)
79	<b>ROŚŁON Cezary</b>	<b>2187</b>		Senior II M - 30	79		<b>02:40:11.65</b>	<b>02:40:41.25</b>	+00:59:45 (37.2%)	7:37	7.9 (63.2%)
80	<b>BAKOWSKI Piotr</b>	<b>2330</b>	ZAPARKOWANI/ OŚLA ŁAWKA	Senior II M - 30	80	01:32:11	<b>02:40:50.35</b>	<b>02:41:18.50</b>	+01:00:22 (37.4%)	7:39	7.8 (62.4%)
81	<b>WYBRAWIEC Tomasz</b>	<b>2409</b>		Senior II M - 30	81	01:29:21	<b>02:42:06.00</b>	<b>02:42:19.20</b>	+01:01:23 (37.8%)	7:43	7.8 (62.4%)
82	<b>MICHALSKI Grzegorz</b>	<b>2277</b>	SEZONSTARTOWY.PL	Senior II M - 30	82	01:34:12	<b>02:43:42.80</b>	<b>02:44:02.10</b>	+01:03:06 (38.5%)	7:47	7.7 (61.6%)
83	<b>DĄBROWSKI Roman</b>	<b>2289</b>		Senior II M - 30	83	01:28:48	<b>02:43:49.80</b>	<b>02:44:04.10</b>	+01:03:08 (38.5%)	7:48	7.7 (61.6%)
84	<b>KORDALEWSKI Łukasz</b>	<b>2140</b>	NC+	Senior II M - 30	84	01:34:46	<b>02:43:20.50</b>	<b>02:44:09.90</b>	+01:03:14 (38.5%)	7:46	7.7 (61.6%)
85	<b>CZESKI Wojciech</b>	<b>2013</b>	MOSINA BIEGA	Senior II M - 30	85	01:34:47	<b>02:44:39.40</b>	<b>02:45:07.30</b>	+01:04:11 (38.9%)	7:50	7.7 (61.6%)
86	<b>RABSZTYN Andrzej</b>	<b>2356</b>	TRIATHLON MIETKÓW TEAM	Senior II M - 30	86	01:31:59	<b>02:45:20.90</b>	<b>02:45:32.70</b>	+01:04:36 (39.0%)	7:52	7.6 (60.8%)
87	<b>PRZETAKIEWICZ Maciej</b>	<b>2334</b>	MARCINŚWIERCTEAM	Senior II M - 30	87	01:32:43	<b>02:46:17.05</b>	<b>02:46:43.60</b>	+01:05:47 (39.5%)	7:55	7.6 (60.8%)
88	<b>DRESZER Bartosz</b>	<b>2103</b>		Senior II M - 30	88	01:25:25	<b>02:47:06.80</b>	<b>02:47:31.30</b>	+01:06:35 (39.8%)	7:57	7.5 (60.0%)
89	<b>MORAWSKI Ryszard</b>	<b>2090</b>		Senior II M - 30	89	01:31:40	<b>02:48:50.75</b>	<b>02:49:00.10</b>	+01:08:04 (40.3%)	8:02	7.5 (60.0%)
90	<b>RATAJCZAK Tomasz</b>	<b>2364</b>	TERAZ ALBO NIGDY	Senior II M - 30	90	01:43:57	<b>02:48:48.00</b>	<b>02:49:42.90</b>	+01:08:47 (40.5%)	8:02	7.5 (60.0%)
91	<b>PIETRASZEWSKI Tomasz</b>	<b>2005</b>	TSG MŁÓCKARNIA	Senior II M - 30	91	01:34:20	<b>02:49:15.65</b>	<b>02:49:46.75</b>	+01:08:50 (40.6%)	8:03	7.4 (59.2%)
92	<b>KOWALSKI Mariusz</b>	<b>2147</b>		Senior II M - 30	92	01:35:54	<b>02:51:52.50</b>	<b>02:52:35.00</b>	+01:11:39 (41.5%)	8:11	7.3 (58.4%)
93	<b>OSICA Łukasz</b>	<b>2328</b>		Senior II M - 30	93	01:35:13	<b>02:52:00.60</b>	<b>02:52:50.90</b>	+01:11:55 (41.6%)	8:11	7.3 (58.4%)
94	<b>POCIĘGIEL Michał</b>	<b>2083</b>		Senior II M - 30	94	01:37:38	<b>02:52:55.35</b>	<b>02:53:06.70</b>	+01:12:10 (41.7%)	8:14	7.3 (58.4%)
95	<b>PAWLIK Tomasz</b>	<b>2282</b>	JB WARSAW	Senior II M - 30	95	01:41:34	<b>02:53:33.05</b>	<b>02:54:10.05</b>	+01:13:14 (42.0%)	8:15	7.3 (58.4%)
96	<b>STASZEWSKI Dariusz</b>	<b>2022</b>		Senior II M - 30	96	01:36:52	<b>02:56:12.90</b>	<b>02:56:56.25</b>	+01:16:00 (43.0%)	8:23	7.2 (57.6%)
97	<b>BAŃKA Grzegorz</b>	<b>2092</b>		Senior II M - 30	97	01:36:56	<b>02:56:33.05</b>	<b>02:57:07.25</b>	+01:16:11 (43.0%)	8:24	7.1 (56.8%)
98	<b>KOSZYK Rafał</b>	<b>2088</b>		Senior II M - 30	98	01:44:00	<b>02:57:24.50</b>	<b>02:58:09.50</b>	+01:17:13 (43.3%)	8:26	7.1 (56.8%)
99	<b>WOŁOS Marcin</b>	<b>2071</b>		Senior II M - 30	99	01:40:32	<b>03:01:33.45</b>	<b>03:02:09.60</b>	+01:21:13 (44.6%)	8:38	6.9 (55.2%)
100	<b>PATYRA Łukasz</b>	<b>2119</b>		Senior II M - 30	100	01:42:58	<b>03:02:09.00</b>	<b>03:02:30.35</b>	+01:21:34 (44.7%)	8:40	6.9 (55.2%)
101	<b>TRZPIOŁA Tycjan</b>	<b>2318</b>	KURACJUSZE	Senior II M - 30	101	01:40:10	<b>03:02:37.55</b>	<b>03:03:00.15</b>	+01:22:04 (44.8%)	8:41	6.9 (55.2%)
102	<b>MARZYCKI Wojciech</b>	<b>2234</b>		Senior II M - 30	102	01:46:17	<b>03:03:03.25</b>	<b>03:03:53.10</b>	+01:22:57 (45.1%)	8:43	6.9 (55.2%)
103	<b>TOMCZYK Marek</b>	<b>2372</b>		Senior II M - 30	103	01:40:17	<b>03:03:46.80</b>	<b>03:04:40.90</b>	+01:23:45 (45.3%)	8:45	6.9 (55.2%)
104	<b>DEMBNY Bogdan</b>	<b>2288</b>		Senior II M - 30	104	01:46:49	<b>03:15:34.05</b>	<b>03:16:25.00</b>	+01:35:29 (48.6%)	9:18	6.4 (51.2%)
105	<b>JAŻNIECKI Marcin</b>	<b>2391</b>	MUAY RUNNING TEAM	Senior II M - 30	105	01:47:27	<b>03:17:11.50</b>	<b>03:17:48.70</b>	+01:36:52 (49.0%)	9:23	6.4 (51.2%)
106	<b>CHROMIŃSKI Maciej</b>	<b>2032</b>	BRAK	Senior II M - 30	106	01:56:57	<b>03:37:05.20</b>	<b>03:37:40.60</b>	+01:56:44 (53.6%)	10:20	5.8 (46.4%)
	<b>SZKWAREK Adrian</b>	<b>2118</b>		Senior II M - 30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>KIERZKOWSKI Przemysław</b>	<b>2142</b>		Senior II M - 30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)
	<b>BANASZEK Adam</b>	<b>2393</b>	BIEGUSIEM.PL	Senior II M - 30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	-(0.0%)

Znaleziono 109 wynik(ów)