



# GORCE ULTRA-TRAIL® 12 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Gorce Ultra-Trail 2020  
Fundacja Run Vegan - GUT  
2020-08-02  
Ochoznica Dolna  
12 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

| Msc | Zawodnik             | Numer | Klub                             | Kategoria | Mkat | Polana pod<br>Gorcem<br>3km | Kara/<br>bonifikata | Czas<br>netto<br>12km | Czas<br>brutto<br>12km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------|-------|----------------------------------|-----------|------|-----------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | TARASEK Wojciech     | 1493  | #ANDRZEJDLUGOSZTEAM / ELEMENO.PL | M 35      | 1    | 00:21:24                    |                     | 00:52:45.05           | 00:52:45.05            |                      | 4:23            | 13.6<br>(100%)  |
| 2   | BACHLEDA Łukasz      | 1508  | GORĄCY POTOK TEAM                | M 35      | 2    | 00:22:24                    |                     | 00:55:57.90           | 00:55:57.90            | +00:03:12<br>(5.7%)  | 4:39            | 12.9<br>(94.9%) |
| 3   | PACHUT Jerzy         | 1468  | MUAY RUNNING TEAM                | M 35      | 3    | 00:22:56                    |                     | 00:57:17.80           | 00:57:17.80            | +00:04:32<br>(7.9%)  | 4:46            | 12.6<br>(92.6%) |
| 4   | SZCZEPANIAK Damian   | 1488  | KAMIENICA                        | M 36-44   | 1    | 00:23:42                    |                     | 00:57:39.15           | 00:57:39.15            | +00:04:54<br>(8.5%)  | 4:48            | 12.5<br>(91.9%) |
| 5   | TARGOSZ Michał       | 1494  |                                  | M 36-44   | 2    | 00:24:15                    |                     | 01:01:03.90           | 01:01:03.90            | +00:08:18<br>(13.6%) | 5:05            | 11.8<br>(86.8%) |
| 6   | STACHERSKI Łukasz    | 1485  |                                  | M 35      | 4    | 00:24:03                    |                     | 01:03:29.40           | 01:03:29.40            | +00:10:44<br>(16.9%) | 5:17            | 11.3<br>(83.1%) |
| 7   | SIOŁA Karol          | 1483  | DRUŻYNA SZPIKU                   | M 35      | 5    | 00:24:48                    |                     | 01:03:45.65           | 01:03:45.65            | +00:11:00<br>(17.3%) | 5:18            | 11.3<br>(83.1%) |
| 8   | GRZYWNOWICZ Piotr    | 52    | GORC OCHOTNICA                   | M 35      | 6    | 00:28:27                    |                     | 01:09:23.35           | 01:09:23.35            | +00:16:38<br>(24.0%) | 5:46            | 10.4<br>(76.5%) |
| 9   | ZIEMIANEK Rafał      | 20    | GORC OCHOTNICA                   | M 35      | 7    | 00:28:27                    |                     | 01:10:03.10           | 01:10:03.10            | +00:17:18<br>(24.7%) | 5:50            | 10.3<br>(75.7%) |
| 10  | KOWALSKI Łukasz      | 1444  |                                  | M 35      | 8    | 00:27:51                    |                     | 01:10:36.80           | 01:10:36.80            | +00:17:51<br>(25.3%) | 5:53            | 10.2<br>(75.0%) |
| 11  | SZNAJDER Jarosław    | 1489  |                                  | M 45-59   | 1    | 00:29:51                    |                     | 01:12:12.55           | 01:12:12.55            | +00:19:27<br>(26.9%) | 6:01            | 10<br>(73.5%)   |
| 12  | NIEWIADOMY Kazimierz | 1462  |                                  | M 36-44   | 3    | 00:30:56                    |                     | 01:13:37.85           | 01:13:37.85            | +00:20:52<br>(28.4%) | 6:08            | 9.8<br>(72.1%)  |
| 13  | GOLONKA Marcin       | 1428  | VICTORIA ESTATE MARCIN GOLONKA   | M 35      | 9    | 00:30:50                    |                     | 01:13:42.00           | 01:13:42.00            | +00:20:56<br>(28.4%) | 6:08            | 9.8<br>(72.1%)  |
| 14  | SADO Tomasz          | 1477  | AZS AWF MASTERS                  | M 35      | 10   | 00:29:55                    |                     | 01:13:50.55           | 01:13:50.55            | +00:21:05<br>(28.6%) | 6:09            | 9.8<br>(72.1%)  |

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|-----|---------------------------|-------|-------------------------------------|-----------|------|-----------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
|     |                           |       |                                     |           |      |                             |                     |                       |                        |                      |                 |                |
| 15  | GOŁDYN Mateusz            | 1430  |                                     | M 35      | 11   | 00:27:53                    |                     | 01:14:11.35           | 01:14:11.35            | +00:21:26<br>(28.9%) | 6:10            | 9.7<br>(71.3%) |
| 16  | MIROSZ Artur              | 1460  |                                     | M 45-59   | 2    | 00:28:57                    |                     | 01:14:43.70           | 01:14:43.70            | +00:21:58<br>(29.4%) | 6:13            | 9.6<br>(70.6%) |
| 17  | WOŹNIAK Janusz            | 1501  | PORMAT JEDLICZE BIEGA               | M 45-59   | 3    | 00:31:03                    |                     | 01:16:03.40           | 01:16:03.40            | +00:23:18<br>(30.6%) | 6:20            | 9.5<br>(69.9%) |
| 18  | ZYGMUNCIAK Bartek         | 1505  | EDC RUNNERS FRIEND                  | M 36-44   | 4    | 00:30:38                    |                     | 01:18:04.25           | 01:18:04.25            | +00:25:19<br>(32.4%) | 6:30            | 9.2<br>(67.6%) |
| 19  | BISKUP Paweł              | 1405  |                                     | M 36-44   | 5    | 00:31:17                    |                     | 01:18:34.60           | 01:18:34.60            | +00:25:49<br>(32.9%) | 6:32            | 9.2<br>(67.6%) |
| 20  | GOSA Mariusz              | 1514  |                                     | M 45-59   | 4    | 00:32:03                    |                     | 01:19:01.10           | 01:19:01.10            | +00:26:16<br>(33.2%) | 6:35            | 9.1<br>(66.9%) |
| 21  | BOKSA Bartłomiej          | 1407  | KKM KALORYFER                       | M 36-44   | 6    | 00:31:48                    |                     | 01:21:07.05           | 01:21:07.05            | +00:28:22<br>(35.0%) | 6:45            | 8.9<br>(65.4%) |
| 22  | OSIAL Mariusz             | 1176  | KB IM. PIOTRA SĘKOWSKIEGO W PŁOŃSKU | M 36-44   | 7    | 00:33:58                    |                     | 01:21:47.60           | 01:21:47.60            | +00:29:02<br>(35.5%) | 6:48            | 8.8<br>(64.7%) |
| 23  | LUDOWSKI Paweł            | 1454  |                                     | M 36-44   | 8    | 00:33:18                    |                     | 01:22:51.30           | 01:22:51.30            | +00:30:06<br>(36.3%) | 6:54            | 8.7<br>(64.0%) |
| 24  | CHRYCZYK Mateusz          | 1506  |                                     | M 35      | 12   | 00:32:24                    |                     | 01:22:52.65           | 01:22:52.65            | +00:30:07<br>(36.4%) | 6:54            | 8.7<br>(64.0%) |
| 25  | KOSUDA Paweł              | 1443  | CROSS TRENING MAZOVIA CIECHANÓW     | M 36-44   | 9    | 00:35:37                    |                     | 01:25:40.00           | 01:25:40.00            | +00:32:54<br>(38.4%) | 7:08            | 8.4<br>(61.8%) |
| 26  | ŁACIAK Paweł              | 1469  | GDÓW PROUD RUNNERS                  | M 45-59   | 5    | 00:33:39                    |                     | 01:26:11.25           | 01:26:11.25            | +00:33:26<br>(38.8%) | 7:10            | 8.4<br>(61.8%) |
| 27  | WENC Tomasz               | 1498  |                                     | M 36-44   | 10   | 00:33:00                    |                     | 01:26:55.90           | 01:26:55.90            | +00:34:10<br>(39.3%) | 7:14            | 8.3<br>(61.0%) |
| 28  | LISIAK Mateusz            | 1453  |                                     | M 35      | 13   | 00:33:09                    |                     | 01:28:08.45           | 01:28:08.45            | +00:35:23<br>(40.2%) | 7:20            | 8.2<br>(60.3%) |
| 29  | TOL Kamil                 | 1515  |                                     | M 35      | 14   | 00:31:24                    | 00:15:00            | 01:31:42.00           | 01:31:42.00            | +00:38:56<br>(42.5%) | 6:23            | 9.4<br>(69.1%) |
| 30  | PRUCIA Piotr              | 1470  |                                     | M 35      | 15   | 00:33:25                    |                     | 01:34:02.35           | 01:34:02.35            | +00:41:17<br>(43.9%) | 7:50            | 7.7<br>(56.6%) |
| 31  | SOSZYŃSKI Krzysztof       | 1484  |                                     | M 45-59   | 6    | 00:39:19                    |                     | 01:34:23.00           | 01:34:23.00            | +00:41:37<br>(44.1%) | 7:51            | 7.6<br>(55.9%) |
| 32  | SIOŁA Franciszek          | 1482  |                                     | M 60+     | 1    | 00:37:44                    |                     | 01:34:30.25           | 01:34:30.25            | +00:41:45<br>(44.2%) | 7:52            | 7.6<br>(55.9%) |
| 33  | CZERWIŃSKI Jarosław       | 1419  |                                     | M 60+     | 2    | 00:39:42                    |                     | 01:34:46.55           | 01:34:46.55            | +00:42:01<br>(44.3%) | 7:53            | 7.6<br>(55.9%) |
| 34  | ŚWIĄTKOWSKI-OKOŃSKI Marek | 1492  |                                     | M 36-44   | 11   | 00:36:54                    |                     | 01:36:43.20           | 01:36:43.20            | +00:43:58<br>(45.5%) | 8:03            | 7.4<br>(54.4%) |
| 35  | BERNAT Rafał              | 1404  |                                     | M 35      | 16   | 00:36:05                    |                     | 01:36:46.65           | 01:36:46.65            | +00:44:01<br>(45.5%) | 8:03            | 7.4<br>(54.4%) |
| 36  | RESZKA Łukasz             | 1474  |                                     | M 36-44   | 12   | 00:39:48                    |                     | 01:36:53.40           | 01:36:53.40            | +00:44:08<br>(45.6%) | 8:04            | 7.4<br>(54.4%) |
| 37  | GULBROWICZ Dariusz        | 1513  |                                     | M 36-44   | 13   | 00:40:09                    |                     | 01:37:46.05           | 01:37:46.05            | +00:45:01<br>(46.0%) | 8:08            | 7.4<br>(54.4%) |

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|-----|----------------------|-------|------------------------|-----------|------|-----------------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 38  | ŚWIĄTKIEWICZ Maciej  | 1491  |                        | M 35      | 17   | 00:40:36                    |                     | 01:38:09.20           | 01:38:09.20            | +00:45:24<br>(46.3%) | 8:10            | 7.3<br>(53.7%) |
| 39  | RICOUR Patrice       | 1510  |                        | M 45-59   | 7    | 00:37:42                    |                     | 01:39:25.00           | 01:39:25.00            | +00:46:39<br>(46.9%) | 8:17            | 7.2<br>(52.9%) |
| 40  | KUREK Szymon         | 1449  | ŚWIETLIKOWO            | M 35      | 18   | 00:38:40                    |                     | 01:39:26.65           | 01:39:26.65            | +00:46:41<br>(47.0%) | 8:17            | 7.2<br>(52.9%) |
| 41  | NIZIOŁ Wojciech      | 1463  | FIZJO_PRO              | M 35      | 19   | 00:37:16                    |                     | 01:43:57.10           | 01:43:57.10            | +00:51:12<br>(49.3%) | 8:39            | 6.9<br>(50.7%) |
| 42  | BEDNARSKI Waldemar   | 1403  | RUCHLIWI ŚWIŃSKA NOGA  | M 36-44   | 14   | 00:36:46                    | 00:15:00            | 01:50:54.00           | 01:50:54.00            | +00:58:08<br>(52.4%) | 7:59            | 7.5<br>(55.1%) |
| 43  | PTAK Arkadiusz       | 1471  | CRAZY BIRDS            | M 36-44   | 15   | 00:41:39                    |                     | 01:51:36.35           | 01:51:36.35            | +00:58:51<br>(52.7%) | 9:18            | 6.5<br>(47.8%) |
| 44  | JÓZEFOWICZ Maciej    | 1438  | VEGE RUNNERS           | M 36-44   | 16   | 00:39:07                    |                     | 01:52:41.35           | 01:52:41.35            | +00:59:56<br>(53.2%) | 9:23            | 6.4<br>(47.1%) |
| 45  | JANISZEWSKI Andrzej  | 1436  |                        | M 60+     | 3    | 00:39:08                    |                     | 01:53:07.95           | 01:53:07.95            | +01:00:22<br>(53.4%) | 9:25            | 6.4<br>(47.1%) |
| 46  | KASZUBA Ryszard      | 1440  | KLUB SPORTOWY PRESTIGE | M 60+     | 4    | 00:41:37                    |                     | 01:53:40.35           | 01:53:40.35            | +01:00:55<br>(53.6%) | 9:28            | 6.3<br>(46.3%) |
| 47  | DAGIEL Janusz        | 1420  |                        | M 35      | 20   | 00:43:04                    |                     | 01:55:24.20           | 01:55:24.20            | +01:02:39<br>(54.3%) | 9:37            | 6.2<br>(45.6%) |
| 48  | BARANOWSKI Adrian    | 1402  |                        | M 35      | 21   | 00:42:10                    |                     | 01:57:11.60           | 01:57:11.60            | +01:04:26<br>(55.0%) | 9:45            | 6.1<br>(44.9%) |
| 49  | RÓŻAŃSKI Janusz      | 1475  |                        | M 35      | 22   | 00:43:00                    |                     | 02:01:31.05           | 02:01:31.05            | +01:08:46<br>(56.6%) | 10:07           | 5.9<br>(43.4%) |
| 50  | SZYMAŃSKI Michał     | 1490  |                        | M 36-44   | 17   | 00:44:48                    |                     | 02:01:53.70           | 02:01:53.70            | +01:09:08<br>(56.7%) | 10:09           | 5.9<br>(43.4%) |
| 51  | SIGER Adam           | 1481  | FUNDACJA UDARU MÓZGU   | M 45-59   | 8    | 00:44:16                    |                     | 02:10:10.35           | 02:10:10.35            | +01:17:25<br>(59.5%) | 10:50           | 5.5<br>(40.4%) |
| 52  | MICHAŁOWSKI Maciej   | 1458  |                        | M 36-44   | 18   | 00:49:31                    | 00:15:00            | 02:21:46.00           | 02:21:46.00            | +01:29:00<br>(62.8%) | 10:33           | 5.7<br>(41.9%) |
| 53  | ZABROCKI Andrzej     | 1504  |                        | M 45-59   | 9    | 00:53:46                    |                     | 02:25:11.80           | 02:25:11.80            | +01:32:26<br>(63.7%) | 12:05           | 5<br>(36.8%)   |
| 54  | KUBKA Adam           | 1448  | FUNDACJA UDARU MÓZGU   | M 60+     | 5    | 00:41:01                    |                     | 02:28:06.50           | 02:28:06.50            | +01:35:21<br>(64.4%) | 12:20           | 4.9<br>(36.0%) |
| 55  | WOŁOSIEWICZ Jarosław | 1499  |                        | M 60+     | 6    | 01:08:24                    |                     | 03:18:49.30           | 03:18:49.30            | +02:26:04<br>(73.5%) | 16:34           | 3.6<br>(26.5%) |
| 56  | LIMAN Andrzej        | 1452  | PODLASIAKI             | M 45-59   | 10   | 01:08:20                    |                     | 03:18:49.75           | 03:18:49.75            | +02:26:04<br>(73.5%) | 16:34           | 3.6<br>(26.5%) |
|     | JAMIŃSKI Adam        | 1401  |                        | M 35      |      | 00:19:59 DNF                |                     | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |

Znaleziono 57 wynik(ów)