



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Gorce Ultra Trail – Winter
Fundacja Run Vegan
2021-02-20
Ochoznica Górna
38.4 km

42KM ŚNIEŻNE WYZWANIE - GUT WINTER

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Czas startu	Wdźar 16km	Lubań 20km	Ochoznica 26km	Czas netto 38.4km	Czas brutto 38.4km	Różn	Tempo min/km	Tempo km/h
1	ŚCIESZKA Wojciech	1	13 ELT KRAKÓW-BALICE	M-OPEN	1		00:02:29	01:48:39	02:30:24	03:05:10	04:56:42.35	04:59:11.50		7:43	7.8 (100%)
2	LILLA Piotr	11	KLUB BIEGACZA FARTLEK, KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ	M-OPEN	2		00:04:14	01:50:02	02:30:34	03:03:26	04:58:25.50	05:02:39.60	+00:01:43 (0.6%)	7:46	7.7 (98.7%)
3	STRUMNIK Sebastian	148	ACTIVE RUN NOWY DWÓR MAZOWIECKI	M-OPEN	3		00:06:02	01:48:40	02:28:52	03:01:38	04:58:41.15	05:04:43.65	+00:01:58 (0.7%)	7:46	7.7 (98.7%)
4	LASOCKI Marcin	19	12TRI.PL / TEAM ZABIEGANEDNI	M-OPEN	4		00:02:50	01:48:16	02:30:59	03:07:39	05:05:32.60	05:08:23.55	+00:08:50 (2.9%)	7:57	7.5 (96.2%)
5	FLĄDRO Daniel	10		M-OPEN	5		00:03:16	01:51:03	02:34:24	03:12:02	05:09:55.90	05:13:12.65	+00:13:13 (4.3%)	8:04	7.4 (94.9%)
6	ZAKARYAN Armen	18		M-OPEN	6		00:30:10	01:47:23	02:31:00	03:16:41	05:12:32.20	05:42:42.50	+00:15:49 (5.1%)	8:08	7.4 (94.9%)
7	BEREZNOWSKA Patrycja	4	WIELISZEW HERON TEAM HOKA	K-OPEN	1		00:02:32	01:53:02	02:36:37	03:17:19	05:16:27.40	05:19:00.30	+00:19:45 (6.2%)	8:14	7.3 (93.6%)
8	BARNOWSKI Przemysław	8	FORZA TEAM ACTIV	M-OPEN	7		00:02:26	01:53:43	02:38:18	03:16:06	05:17:09.45	05:19:36.35	+00:20:27 (6.4%)	8:15	7.3 (93.6%)
9	SIWIECKI Tomasz	6	MUAY RUNNING TEAM	M-OPEN	8		00:02:36	01:58:30	02:43:38	03:22:12	05:17:57.90	05:20:34.75	+00:21:15 (6.7%)	8:16	7.2 (92.3%)
10	PŁOSKONKA Jakub	17		M-OPEN	9		00:02:37	02:00:10	02:43:48	03:23:54	05:18:17.65	05:20:55.15	+00:21:35 (6.8%)	8:17	7.2 (92.3%)
11	TWARDOWSKI Tomasz	13		M-OPEN	10		00:02:42	01:53:01	02:38:18	03:16:01	05:18:45.80	05:21:28.65	+00:22:03 (6.9%)	8:18	7.2 (92.3%)
12	MARKIEWICZ Agnieszka	7	PRORUNNING PROMOTION	K-OPEN	2		00:02:35	01:59:32	02:44:53	03:24:09	05:22:30.60	05:25:06.10	+00:25:48 (8.0%)	8:23	7.1 (91.0%)
13	TOKARSKI Szymon	36		M-OPEN	11		00:02:45	01:51:55	02:34:34	03:15:21	05:23:59.50	05:26:44.85	+00:27:17 (8.4%)	8:26	7.1 (91.0%)
14	KALIN Władysław	12		M-OPEN	12		00:02:41	02:03:00	02:48:36	03:27:20	05:25:11.85	05:27:52.85	+00:28:29 (8.8%)	8:28	7.1 (91.0%)
15	MAJOREK Krzysztof	83		M-OPEN	13		00:20:07	01:55:03	02:40:43	03:18:59	05:25:50.35	05:45:58.00	+00:29:08 (8.9%)	8:29	7.1 (91.0%)
16	ZABRZEWSKI Patryk	32		M-OPEN	14		00:04:15	01:58:26	02:45:45	03:25:43	05:26:19.60	05:30:35.35	+00:29:37 (9.1%)	8:29	7.1 (91.0%)
17	CHOWANIEC Sebastian	21	ROMET FACTORY TEAM	M-OPEN	15		00:05:57	01:59:28	02:43:28	03:28:21	05:27:27.95	05:33:25.50	+00:30:45 (9.4%)	8:31	7 (89.7%)
18	KRAWCZYK Karol	23	LENIWY INACZEJ	M-OPEN	16		00:15:47	01:53:25	02:43:46	03:21:40	05:28:06.20	05:43:54.15	+00:31:23 (9.6%)	8:32	7 (89.7%)
19	KOSECKI Krzysztof	25	NSZZ FSG	M-OPEN	17		00:07:26	02:00:20	02:46:24	03:26:59	05:30:24.85	05:37:51.05	+00:33:42 (10.2%)	8:36	7 (89.7%)
20	MARSZAŁKOWSKI Łukasz	35	GET ACTIVE	M-OPEN	18		00:02:43	02:01:24	02:48:36	03:28:35	05:32:42.40	05:35:26.25	+00:36:00 (10.8%)	8:39	6.9 (88.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Czas startu	Wdźar 16km	Lubań 20km	Ochotnica 26km	Czas netto 38.4km	Czas brutto 38.4km	Różn	Tempo min/km	Tempo km/h
21	LAZAR Damian	39	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW/NESSI ŻORY	M-OPEN	19		00:11:14	02:05:40	02:51:55	03:38:26	05:34:02.50	05:45:17.05	+00:37:20 (11.2%)	8:41	6.9 (88.5%)
22	LADRA Ryszard	31	KKM KALORYFER	M-OPEN	20		00:02:49	02:04:14	02:49:09	03:27:55	05:34:14.25	05:37:03.80	+00:37:31 (11.2%)	8:42	6.9 (88.5%)
23	KARPIŃSKI Tomasz	16		M-OPEN	21		00:02:57	02:03:16	02:47:52	03:30:13	05:34:17.90	05:37:15.10	+00:37:35 (11.2%)	8:42	6.9 (88.5%)
24	MIKRUT Remigiusz	24		M-OPEN	22		00:09:56	02:03:43	02:51:22	03:33:10	05:35:14.90	05:45:11.20	+00:38:32 (11.5%)	8:43	6.9 (88.5%)
25	BOREK Robert	58	THE RUNNERS ŚWIECIE	M-OPEN	23		00:09:58	02:04:29	02:52:13	03:33:07	05:36:00.30	05:45:59.00	+00:39:17 (11.7%)	8:45	6.9 (88.5%)
26	JACHIMOWSKI Jarosław	28	POZYTYWNIIE ZABIEGANI SANOK	M-OPEN	24		00:02:41	01:59:22	02:47:35	03:30:27	05:36:08.60	05:38:50.35	+00:39:26 (11.7%)	8:45	6.9 (88.5%)
27	MIELCZAREK Daniel	62	ROZBIEGAJMY RADOMSKO	M-OPEN	25		00:31:14	02:01:41	02:47:47	03:28:53	05:36:29.10	06:07:43.10	+00:39:46 (11.8%)	8:45	6.8 (87.2%)
28	KOWALCZYK Marek	34		M-OPEN	26		00:31:13	02:01:45	02:47:57	03:28:50	05:36:29.70	06:07:43.40	+00:39:47 (11.8%)	8:45	6.8 (87.2%)
29	JANERKA Marzka	152	DZIABNIĘCI	K-OPEN	3		00:28:41	01:58:54	02:50:15	03:30:50	05:37:10.35	06:05:51.95	+00:40:28 (12.0%)	8:46	6.8 (87.2%)
30	NOWACKI Paweł	65	GOLENIE	M-OPEN	27		00:03:07	02:16:30	02:59:32	03:39:56	05:38:53.00	05:42:00.35	+00:42:10 (12.4%)	8:49	6.8 (87.2%)
31	KRASZEWSKI Mateusz	40	MPK RUNNERS	M-OPEN	28		00:03:03	02:04:37	02:50:36	03:33:59	05:41:13.00	05:44:16.90	+00:44:30 (13.0%)	8:53	6.8 (87.2%)
32	BORUSZEWSKA Beata	20		K-OPEN	4		00:02:31	02:05:22	02:56:52	03:43:11	05:42:28.70	05:45:00.50	+00:45:46 (13.4%)	8:55	6.7 (85.9%)
33	KRZYŻAN Jakub	49	KW KRAKÓW	M-OPEN	29		00:10:29	02:02:47	02:52:32	03:34:09	05:44:40.85	05:55:10.75	+00:47:58 (13.9%)	8:58	6.7 (85.9%)
34	GODYŃ Jan	53	DELOITTE ADVENTURE CLUB	M-OPEN	30		00:18:35	02:05:48	02:53:36	03:34:26	05:45:17.70	06:03:53.65	+00:48:35 (14.1%)	8:59	6.7 (85.9%)
35	CIENIAWSKI Piotr	22		M-OPEN	31		00:02:43	02:05:32	02:54:33	03:39:19	05:47:30.00	05:50:13.00	+00:50:47 (14.6%)	9:02	6.6 (84.6%)
36	CIENIAWSKA Ewa	88		K-OPEN	5		00:02:42	02:05:14	02:54:23	03:39:23	05:47:38.15	05:50:20.55	+00:50:55 (14.7%)	9:03	6.6 (84.6%)
37	RUDNICKI Paweł	73		M-OPEN	32		00:19:01	02:09:03	02:58:14	03:42:15	05:49:44.15	06:08:45.85	+00:53:01 (15.2%)	9:06	6.6 (84.6%)
38	SEKMAN Tomasz	26		M-OPEN	33		00:10:26	02:00:12	02:50:12	03:36:44	05:50:00.35	06:00:27.00	+00:53:18 (15.2%)	9:06	6.6 (84.6%)
39	DELEŻUCH Wojciech	33	NIE MA LETKO	M-OPEN	34		00:15:41	02:10:44	02:57:46	03:44:19	05:50:01.25	06:05:43.00	+00:53:18 (15.2%)	9:06	6.6 (84.6%)
40	MODLIŃSKI Marcin	37	KLUB BIEGACZA WARTA	M-OPEN	35		00:05:43	02:04:23	02:49:05	03:35:24	05:50:32.50	05:56:15.50	+00:53:50 (15.4%)	9:07	6.6 (84.6%)
41	MRUSZCZYK Jacek	106	KLUB BIEGACZA WARTA	M-OPEN	36		00:05:42	02:03:43	02:48:36	03:35:22	05:50:34.40	05:56:16.45	+00:53:52 (15.4%)	9:07	6.6 (84.6%)
42	KUBAJEWSKI Paweł	144	STEELBOY89	M-OPEN	37		00:08:40	02:01:04	02:49:12	03:35:18	05:50:36.10	05:59:16.90	+00:53:53 (15.4%)	9:07	6.6 (84.6%)
43	SIWOŃ Ewa	41	SMASHING PĄPKINS/AVA-DO PRZODU I W GÓRĘ	K-OPEN	6		00:02:46	02:11:22	03:00:57	03:45:28	05:52:04.80	05:54:51.45	+00:55:22 (15.7%)	9:10	6.5 (83.3%)
44	GOŁĘBIOWSKI Robert	90		M-OPEN	38		00:31:12	02:04:49	02:54:31	03:45:37	05:52:33.70	06:23:46.55	+00:55:51 (15.8%)	9:10	6.5 (83.3%)
45	MIELCZAREK Aleksandra	45	STS BIEGATON MIKOŁÓW	K-OPEN	7		00:44:34	02:07:52	02:59:01	03:42:48	05:53:54.05	06:38:28.35	+00:57:11 (16.2%)	9:12	6.5 (83.3%)
46	KOŁODZIEJ Mateusz	43		M-OPEN	39		00:09:38	02:04:23	02:53:27	03:32:43	05:54:49.65	06:04:28.40	+00:58:07 (16.4%)	9:14	6.5 (83.3%)
47	TARANTA Daniel	29		M-OPEN	40		00:23:54	02:02:11	02:49:08	03:32:55	05:55:21.85	06:19:16.60	+00:58:39 (16.5%)	9:15	6.5 (83.3%)

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48	VISENTIN Eric Visentin	149	NOA	M-OPEN	41		00:04:08	02:07:40	02:55:21	03:41:14	05:56:26.45	06:00:34.70	+00:59:44 (16.8%)	9:16	6.5 (83.3%)
49	TOMASZEWSKI Mirosław	14		M-OPEN	42		00:02:43	02:06:13	02:55:14	03:34:13	05:57:57.65	06:00:41.45	+01:01:15 (17.1%)	9:19	6.4 (82.1%)
50	URACZ Łukasz	51		M-OPEN	43		00:02:33	02:07:16	02:57:44	03:45:21	06:00:12.55	06:02:46.50	+01:03:30 (17.6%)	9:22	6.4 (82.1%)
51	KACZOROWSKI Michał	46	KWIDZYN BIEGA	M-OPEN	44		00:13:31	02:17:08	03:07:48	03:56:12	06:00:54.95	06:14:26.55	+01:04:12 (17.8%)	9:23	6.4 (82.1%)
52	KROSNY Sebastian	2	STS BIEGATON MIKOŁÓW / ZAŁOGA GÓRSKA	M-OPEN	45		00:44:22	03:00:16	03:52:30		06:05:14.05	06:49:36.80	+01:08:31 (18.8%)	9:30	6.3 (80.8%)
53	KOWALCZYK Adam	61	STS BIEGATON	M-OPEN	46		00:43:56	02:59:47	03:58:17		06:05:40.25	06:49:36.50	+01:08:57 (18.9%)	9:31	6.3 (80.8%)
54	KUSZKA Michał	15	STS BIEGATON MIKOŁÓW	M-OPEN	47		00:44:38	02:12:48	02:57:01	03:53:10	06:06:27.60	06:51:05.65	+01:09:45 (19.0%)	9:32	6.3 (80.8%)
55	KARCZMIT Daniel	117	GT RAT	M-OPEN	48		00:29:41	02:14:32	03:04:07	03:56:53	06:06:46.60	06:36:27.75	+01:10:04 (19.1%)	9:33	6.3 (80.8%)
56	MITURA Wojtek	87		M-OPEN	49		00:15:42	02:10:25	03:00:31	03:50:49	06:08:39.20	06:24:21.80	+01:11:56 (19.5%)	9:36	6.2 (79.5%)
57	DUDZIK Damian	48	STS BIEGATON MIKOŁÓW	M-OPEN	50		00:44:41	02:12:55	02:59:56	03:53:22	06:08:40.55	06:53:21.90	+01:11:58 (19.5%)	9:36	6.2 (79.5%)
58	DOBROWOLSKA Agnieszka	68		K-OPEN	8		00:09:54	02:16:23	03:07:28	03:52:02	06:10:07.60	06:20:02.25	+01:13:25 (19.8%)	9:38	6.2 (79.5%)
59	KAGOŃ Damian	145	LEADER FOX MTB TEAM	M-OPEN	51		00:44:46	02:12:42	02:58:30	03:53:15	06:10:22.25	06:55:08.75	+01:13:39 (19.9%)	9:38	6.2 (79.5%)
60	AZAREWICZ Grzegorz	80		M-OPEN	52		00:29:57	02:19:07	03:08:18	03:56:31	06:10:25.35	06:40:22.50	+01:13:43 (19.9%)	9:38	6.2 (79.5%)
61	GRUBICH Damian	155	LASRUN GRUDZIĄDZ	M-OPEN	53		00:05:09	02:13:18	03:03:01	03:53:38	06:11:17.35	06:16:27.00	+01:14:35 (20.1%)	9:40	6.2 (79.5%)
62	KUŚMIERCZYK Piotr	98	UTRARADOMSKO / WKURW_TEAM	M-OPEN	54		00:31:10	02:04:53	02:55:14	03:48:21	06:13:48.40	06:44:59.05	+01:17:06 (20.6%)	9:44	6.2 (79.5%)
63	MARIANOWSKI Krzysztof	84	KWIDZYN BIEGA	M-OPEN	55		00:13:23	02:16:35	03:08:20	03:57:33	06:18:06.20	06:31:30.05	+01:21:23 (21.5%)	9:50	6.1 (78.2%)
64	SMAGA Krzysztof	59		M-OPEN	56		00:13:33	02:19:07	03:10:46	03:59:07	06:18:38.75	06:32:12.45	+01:21:56 (21.6%)	9:51	6.1 (78.2%)
65	SADY Sebastian	47	OBY2	M-OPEN	57		00:14:56	02:15:24	03:13:18	03:59:13	06:20:24.35	06:35:20.50	+01:23:42 (22.0%)	9:54	6.1 (78.2%)
66	CIASTOŃ Łukasz	122	CFO RUNNING TEAM	M-OPEN	58		00:44:46	02:12:32	03:04:56	03:57:12	06:21:56.15	07:06:42.65	+01:25:13 (22.3%)	9:56	6 (76.9%)
67	ROGOWSKA Anna	78		K-OPEN	9		00:38:21	02:12:26	03:07:18		06:22:24.25	07:00:46.05	+01:25:41 (22.4%)	9:57	6 (76.9%)
67	JĘDRZEJCZYK Agnieszka	89	RZESZOWSKIE GAZELE I GEPARDY	K-OPEN	9		00:38:21	02:12:24	03:07:06	03:57:33	06:22:24.25	07:00:46.20	+01:25:41 (22.4%)	9:57	6 (76.9%)
69	MĘDRAŁA Ireneusz	76		M-OPEN	59		00:28:13	02:20:08	03:01:29	04:06:19	06:25:36.40	06:53:49.75	+01:28:54 (23.1%)	10:02	6 (76.9%)
69	GNIADKOWSKI Paweł	109		M-OPEN	59		00:28:13	02:20:02	03:12:01	04:06:33	06:25:36.40	06:53:49.90	+01:28:54 (23.1%)	10:02	6 (76.9%)
71	WYDRYCH Barbara	156	PARKRUN GRUDZIĄDZ	K-OPEN	11		00:05:09	02:24:16	03:19:28	04:10:46	06:28:17.50	06:33:27.35	+01:31:35 (23.6%)	10:06	5.9 (75.6%)
72	JAWORSKI Piotr	104		M-OPEN	61		00:14:52	02:15:16	03:05:36	03:58:55	06:28:58.90	06:43:51.20	+01:32:16 (23.7%)	10:07	5.9 (75.6%)
73	WÓJCICKI Kamil	119	EX TEAM	M-OPEN	62		00:03:03	02:08:09	03:04:12	03:56:52	06:29:00.20	06:32:03.80	+01:32:17 (23.7%)	10:07	5.9 (75.6%)
74	DZIUBA Emilian	75	STS BIEGATON MIKOŁÓW	M-OPEN	63		00:44:42	02:12:56	03:04:13	04:00:53	06:29:12.05	07:13:54.55	+01:32:29 (23.8%)	10:08	5.9 (75.6%)
75	NOWICKI Artur	93	SPORTCZESNA BIEGAMY DLA FRANKA	M-OPEN	64		00:18:40	02:17:28	03:10:29	04:01:42	06:29:26.15	06:48:06.75	+01:32:43 (23.8%)	10:08	5.9 (75.6%)

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76	BIEL Tomasz	63		M-OPEN	65		00:21:21	02:21:38	03:12:06	04:04:20	06:29:27.95	06:50:48.95	+01:32:45 (23.8%)	10:08	5.9 (75.6%)
77	GINTER Grzegorz	82	AZS COLLEGIUM MEDICUM UJ	M-OPEN	66		00:56:37	02:21:07	03:19:17	04:03:57	06:29:30.30	07:26:07.50	+01:32:47 (23.8%)	10:08	5.9 (75.6%)
78	BUDNY Aleksandra	94	KRAŚNIK BIEGA	K-OPEN	12		00:14:54	02:25:01	03:23:06	04:12:37	06:30:14.75	06:45:09.25	+01:33:32 (24.0%)	10:09	5.9 (75.6%)
79	GOLON Marlena	55	GOLON TEAM	K-OPEN	13		00:14:54	02:24:54	03:22:57	04:12:36	06:30:15.25	06:45:09.25	+01:33:32 (24.0%)	10:09	5.9 (75.6%)
80	RATAJCZAK Dariusz	97	HERNIK TEAM	M-OPEN	67		00:23:03	02:23:13	03:17:20	04:09:31	06:30:34.15	06:53:37.25	+01:33:51 (24.0%)	10:10	5.9 (75.6%)
81	PTAK Tomasz	69	KLUB BIEGACZA WARTA	M-OPEN	68		00:06:07	02:26:46	03:17:22	04:13:16	06:30:45.90	06:36:53.30	+01:34:03 (24.1%)	10:10	5.9 (75.6%)
82	BIEL Łukasz	44	VEGAN SUPER TEAM	M-OPEN	69		00:21:21	02:21:31	03:11:54	04:04:24	06:31:10.80	06:52:32.55	+01:34:28 (24.2%)	10:11	5.9 (75.6%)
83	GNOT Katarzyna	85	SPARTANIE DZIECIOM	K-OPEN	14		00:20:58	02:25:39	03:19:29	04:09:49	06:32:20.25	06:53:18.70	+01:35:37 (24.4%)	10:13	5.9 (75.6%)
84	DZIDECZEK Marcin	116	TEAM ZABIEGANEDNI	M-OPEN	70		00:34:31	02:21:31	03:09:29	03:59:44	06:32:32.60	07:07:03.80	+01:35:50 (24.4%)	10:13	5.9 (75.6%)
85	BĘBEN Robert	151	OSTROBIEC	M-OPEN	71		00:32:43	02:19:33	03:12:02	04:09:18	06:32:59.10	07:05:42.35	+01:36:16 (24.5%)	10:14	5.9 (75.6%)
86	SŁOWIK Justyna	108	SŁOWIKI BIEGAJĄ	K-OPEN	15		00:32:44	02:19:37	03:12:51	04:09:22	06:33:01.10	07:05:45.60	+01:36:18 (24.5%)	10:14	5.9 (75.6%)
87	IDZIOR Tomasz	95		M-OPEN	72		00:03:15	02:20:04	03:16:55	04:07:39	06:35:47.90	06:39:03.70	+01:39:05 (25.0%)	10:18	5.8 (74.4%)
88	ROJEK Maciej	81		M-OPEN	73		00:03:11	02:20:22	03:17:21	04:07:49	06:35:55.65	06:39:07.50	+01:39:13 (25.1%)	10:18	5.8 (74.4%)
89	GRALA Maria	92		K-OPEN	16		00:14:46	02:21:44	03:15:02	04:10:00	06:35:58.60	06:50:44.85	+01:39:16 (25.1%)	10:18	5.8 (74.4%)
90	GADOMSKI Darek	141		M-OPEN	74		00:18:57	02:17:44	03:15:45	04:08:51	06:37:00.30	06:55:58.25	+01:40:17 (25.3%)	10:20	5.8 (74.4%)
91	WĘDRYCHOWICZ Grzegorz	60	JASZCZUR RUN 4 FUN	M-OPEN	75		00:08:12	02:19:37	03:13:39	04:09:39	06:37:05.85	06:45:18.50	+01:40:23 (25.3%)	10:20	5.8 (74.4%)
92	GIBAŁA Marcin	64	BIEGAM I POMAGAM	M-OPEN	76		00:05:57	02:21:51	03:17:15	04:12:09	06:38:59.75	06:44:56.80	+01:42:17 (25.6%)	10:23	5.8 (74.4%)
93	KRAUZE Tomasz	30	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M-OPEN	77		00:02:58	02:27:14	03:23:00	04:13:30	06:39:39.90	06:42:38.80	+01:42:57 (25.8%)	10:24	5.8 (74.4%)
94	FLASIŃSKI Michał	99		M-OPEN	78		00:02:45	02:28:09	03:22:26	04:14:25	06:41:24.90	06:44:10.55	+01:44:42 (26.1%)	10:27	5.7 (73.1%)
95	BIAŁEK Rafał	56		M-OPEN	79		00:15:20	02:23:49	03:20:42	04:10:34	06:41:35.40	06:56:56.15	+01:44:53 (26.1%)	10:27	5.7 (73.1%)
96	PASZKIEWICZ Maciej	71		M-OPEN	80		00:13:47	02:24:48	03:22:57	04:13:59	06:42:23.15	06:56:10.35	+01:45:40 (26.3%)	10:28	5.7 (73.1%)
97	BĘDŹKOWSKI Marek	86	SIWY ULTRA MORS	M-OPEN	81		00:11:03	02:24:27	03:18:41	04:12:35	06:44:06.30	06:55:09.55	+01:47:23 (26.6%)	10:31	5.7 (73.1%)
98	GRAU Joanna	110	KWIDZYN BIEGA	K-OPEN	17		00:13:28	02:27:12	03:25:12	04:22:32	06:46:24.80	06:59:53.00	+01:49:42 (27.0%)	10:35	5.7 (73.1%)
99	BALCERZAK Robert	100	KLUB BIEGACZA WARTA	M-OPEN	82		00:05:36	02:24:37	03:20:41	04:18:50	06:47:45.85	06:53:22.75	+01:51:03 (27.2%)	10:37	5.7 (73.1%)
100	ZAMYŚLEWSKI Krzysztof	103	KWIDZYN BIEGA	M-OPEN	83		00:13:36	02:27:37	03:24:36	04:22:22	06:51:47.35	07:05:24.15	+01:55:05 (27.9%)	10:43	5.6 (71.8%)
101	CZAPLA Arkadiusz	79		M-OPEN	84		00:11:09	02:30:08	03:25:46	04:20:21	06:53:01.30	07:04:10.65	+01:56:18 (28.2%)	10:45	5.6 (71.8%)
102	MARCELA Marcin	72	FAT MAMA'S SPORT CLUB	M-OPEN	85		00:11:07	02:29:23	03:24:24	04:20:26	06:53:01.95	07:04:09.45	+01:56:19 (28.2%)	10:45	5.6 (71.8%)
103	ŁYCZKO Anna	140	STREFA FIT	K-OPEN	18		00:38:22	02:25:15	03:23:16	04:17:15	06:53:15.20	07:31:37.50	+01:56:32 (28.2%)	10:45	5.6 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Czas startu	Wdźar 16km	Lubań 20km	Ochotnica 26km	Czas netto 38.4km	Czas brutto 38.4km	Różn	Tempo min/km	Tempo km/h
104	GĘSIAREK Grzegorz	67		M-OPEN	86		00:16:14	02:28:22	03:23:47	04:21:57	06:59:32.55	07:15:47.45	+02:02:50 (29.3%)	10:55	5.5 (70.5%)
105	GRYZ Jacek	70		M-OPEN	87		00:06:29	02:28:55	03:23:48	04:33:41	07:02:01.10	07:08:30.30	+02:05:18 (29.7%)	10:59	5.5 (70.5%)
106	FALKOWSKI Michał	120	ZA_LINIA_METY	M-OPEN	88		00:42:17	02:27:58	03:33:12	04:24:21	07:02:33.75	07:44:51.70	+02:05:51 (29.8%)	11:00	5.5 (70.5%)
107	KRZYZIŃSKA Sylwia	115	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	19		00:33:52	02:30:22	03:28:25	04:31:40	07:04:03.00	07:37:55.95	+02:07:20 (30.0%)	11:02	5.4 (69.2%)
108	MICHALEC Marcin	5	KKB MOSIR KROSNO	M-OPEN	89		00:02:41	02:36:50	03:36:33	04:35:17	07:06:06.20	07:08:47.35	+02:09:23 (30.4%)	11:05	5.4 (69.2%)
109	ŁOPATKIEWICZ Beata	101		K-OPEN	20		00:02:40	02:33:30	03:36:55	04:35:26	07:06:07.20	07:08:47.35	+02:09:24 (30.4%)	11:05	5.4 (69.2%)
110	ODWROT Hubert	132	3:33 TEAM	M-OPEN	90		00:17:17	02:36:06	03:30:29	04:32:32	07:08:11.60	07:25:29.30	+02:11:29 (30.7%)	11:09	5.4 (69.2%)
111	BUCHALSKA Ewa	123	EKOBIEGI	K-OPEN	21		00:15:12	02:32:15	03:26:37	04:27:29	07:09:01.00	07:24:13.75	+02:12:18 (30.8%)	11:10	5.4 (69.2%)
112	GRABARCZYK Mateusz	102	RADLINIOKI W BIEGU	M-OPEN	91		00:27:37	02:28:05	03:20:41	04:27:23	07:11:44.00	07:39:21.35	+02:15:01 (31.3%)	11:14	5.3 (67.9%)
113	ZAWADZKI Karol	66	RADLINIOKI W BIEGU	M-OPEN	92		00:27:32	02:28:02	03:19:55	04:27:06	07:11:47.70	07:39:20.30	+02:15:05 (31.3%)	11:14	5.3 (67.9%)
114	WOJCIECHOWSKI Krzysztof	52	RADLINIOKI W BIEGU	M-OPEN	93		00:27:29	02:28:09	03:19:53	04:27:07	07:11:51.35	07:39:21.10	+02:15:09 (31.3%)	11:14	5.3 (67.9%)
115	PUZA Adam	136		M-OPEN	94		00:46:17	02:13:41	03:10:45	04:21:59	07:15:33.50	08:01:51.25	+02:18:51 (31.9%)	11:20	5.3 (67.9%)
116	BISKUP Rafał	114	RUN DZIADU RUN	M-OPEN	95		00:27:51	02:24:13	03:27:48	04:29:17	07:16:20.90	07:44:12.05	+02:19:38 (32.0%)	11:21	5.3 (67.9%)
117	PODLEWSKI Wojciech	130	KS SPORTIVA	M-OPEN	96		00:22:45	02:36:26	03:33:33	04:43:17	07:20:30.80	07:43:16.55	+02:23:48 (32.6%)	11:28	5.2 (66.7%)
118	BLICHARZ Artur	105		M-OPEN	97		00:22:41	02:36:35	03:32:00	04:43:24	07:20:34.55	07:43:15.95	+02:23:52 (32.7%)	11:28	5.2 (66.7%)
119	MIKSA Sławomir	91		M-OPEN	98		01:01:13	02:41:30	03:37:20	04:34:57	07:21:39.80	08:22:53.70	+02:24:57 (32.8%)	11:30	5.2 (66.7%)
120	KALETA Milena	169		K-OPEN	22		00:42:26	02:37:20	03:40:16	04:47:41	07:22:36.10	08:05:03.05	+02:25:53 (33.0%)	11:31	5.2 (66.7%)
121	RASZTABIGA Sylwester	125	JURA PL	M-OPEN	99		00:28:28	02:27:24	03:34:15	04:39:34	07:23:18.40	07:51:47.05	+02:26:36 (33.1%)	11:32	5.2 (66.7%)
122	GOŁĘBIOWSKI Andrzej	57	WOODRUN	M-OPEN	100		00:13:27	02:19:18	03:25:03	04:28:44	07:25:58.00	07:39:25.25	+02:29:15 (33.5%)	11:36	5.2 (66.7%)
123	STĘPIEŃ Katarzyna	134		K-OPEN	23		00:24:54	02:26:16	03:27:22	04:28:59	07:27:04.00	07:51:58.00	+02:30:21 (33.6%)	11:38	5.2 (66.7%)
124	WURMAŃSKI Wiktor	135		M-OPEN	101		00:24:54	02:26:18	03:27:26	04:29:00	07:27:04.15	07:51:58.30	+02:30:21 (33.6%)	11:38	5.2 (66.7%)
125	MATYJASIAK Konrad	111		M-OPEN	102		00:13:38	02:04:40	03:02:57	03:59:30	07:28:00.60	07:41:39.50	+02:31:18 (33.8%)	11:40	5.1 (65.4%)
126	DOMINIAK Sławomir	138		M-OPEN	103		00:21:12	02:36:39	03:34:46	04:42:53	07:32:04.75	07:53:16.95	+02:35:22 (34.4%)	11:46	5.1 (65.4%)
127	DOMINIAK Iwona	137		K-OPEN	24		00:21:11	02:36:38	03:34:38	04:42:58	07:32:10.35	07:53:21.85	+02:35:28 (34.4%)	11:46	5.1 (65.4%)
128	CELIŃSKI Tomasz	147	TUPTUŚ OTWOCK / ESJA TEAM	M-OPEN	104		01:25:35	02:46:47	03:38:34	04:43:38	07:41:56.80	09:07:32.70	+02:45:14 (35.8%)	12:01	5 (64.1%)
129	PYTŁARCZYK Piotr	129	KLUB BIEGACZA WARTA	M-OPEN	105		00:05:40	02:38:52	03:43:32	04:56:03	07:45:37.35	07:51:17.95	+02:48:55 (36.3%)	12:07	4.9 (62.8%)
130	ŻABIEREK Tomasz	107		M-OPEN	106		00:41:55	02:35:59	03:41:32	04:59:21	07:59:29.95	08:41:25.65	+03:02:47 (38.1%)	12:29	4.8 (61.5%)
131	DOMAGAŁA Mariusz	113	TUPTUŚOTWOCK	M-OPEN	107		00:56:38	02:43:14	03:45:46	05:01:07	08:00:26.70	08:57:04.80	+03:03:44 (38.2%)	12:30	4.8 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Czas startu	Wdżar 16km	Lubań 20km	Ochotnica 26km	Czas netto 38.4km	Czas brutto 38.4km	Różn	Tempo min/km	Tempo km/h
132	WILIŃSKA- ZYWERT Agnieszka	121		K-OPEN	25		00:21:02	02:41:25	03:47:36	04:56:46	08:03:53.65	08:24:56.20	+03:07:11 (38.7%)	12:36	4.8 (61.5%)
133	MAŁKOWSKI Bogdan	77	SPARTANIE DZIECIOM	M-OPEN	108		00:21:00	02:41:22	03:47:31	04:56:40	08:03:55.20	08:24:56.10	+03:07:12 (38.7%)	12:36	4.8 (61.5%)
134	MISIAK Anna	139	TEAM ZABIEGANEDNI	K-OPEN	26		00:34:32	02:55:44	03:59:00	05:12:41	08:06:18.70	08:40:50.80	+03:09:36 (39.0%)	12:39	4.7 (60.3%)
135	WICHEREK Maciej	150		M-OPEN	109		01:59:59	02:52:47	04:10:29	05:22:39	08:06:42.40	10:06:42.05	+03:10:00 (39.0%)	12:40	4.7 (60.3%)
136	PAWEŁ Sienkiewicz	168		M-OPEN	110		00:34:32	02:56:34	03:58:43	05:12:35	08:09:24.35	08:43:56.80	+03:12:42 (39.4%)	12:44	4.7 (60.3%)
137	SOSNA- KŁOPOTOWSKA Katarzyna	167		K-OPEN	27		00:39:01	02:58:46	04:02:42	05:16:49	08:16:51.55	08:55:53.25	+03:20:09 (40.3%)	12:56	4.6 (59.0%)
138	BOROWIK Tomasz	166		M-OPEN	111		00:39:01	02:58:48	04:02:52	05:16:51	08:16:53.05	08:55:54.15	+03:20:10 (40.3%)	12:56	4.6 (59.0%)
139	DWORNIKOWSKI Zbigniew	146		M-OPEN	112		00:34:15	02:59:56	04:11:21	05:21:21	08:28:38.65	09:02:53.95	+03:31:56 (41.7%)	13:14	4.5 (57.7%)
140	DWORNIKOWSKA Beata	143		K-OPEN	28		00:34:15	02:59:53	04:11:11	05:21:25	08:28:39.75	09:02:55.05	+03:31:57 (41.7%)	13:14	4.5 (57.7%)
141	GÓRSKA Agnieszka	142	AUGUSTEAM	K-OPEN	29		00:15:15	03:18:23	04:25:58	05:40:18	08:46:12.90	09:01:28.05	+03:49:30 (43.6%)	13:42	4.4 (56.4%)
142	WINIARSKA Izabela	128	IZAGÓRĄ	K-OPEN	30		00:15:11	03:18:30	04:26:21	05:40:12	08:46:18.40	09:01:29.60	+03:49:36 (43.6%)	13:42	4.4 (56.4%)
143	NIEDŹWIECKA Kasia	131	EKOBIEGI	K-OPEN	31		00:15:08	03:18:26	04:26:19	05:40:17	08:46:18.95	09:01:27.75	+03:49:36 (43.6%)	13:42	4.4 (56.4%)
144	SZYSZKOWSKI Włodzimierz	112	DUKE NUKEM PRINCE OF WARSAW	M-OPEN	113		00:22:32	03:07:17	04:10:55	05:35:04	08:50:30.40	09:13:03.25	+03:53:48 (44.1%)	13:48	4.3 (55.1%)
145	JEŻEWSKI Adam	126	PATO TEAM	M-OPEN	114		01:06:32	02:56:28	04:05:16	05:20:37	08:52:41.30	09:59:13.95	+03:55:58 (44.3%)	13:52	4.3 (55.1%)
146	WARA- WĄSOWSKI Maciej	133		M-OPEN	115		00:42:11	03:02:43	04:15:23	05:42:48	08:53:54.80	09:36:06.00	+03:57:12 (44.4%)	13:54	4.3 (55.1%)
147	DĄBROWSKI Michał	154	ULTRAPOŚŁADACH / TEAM ZABIEGANEDNI	M-OPEN	116		00:34:04	03:07:31	04:21:46	05:40:17	08:54:03.90	09:28:08.50	+03:57:21 (44.4%)	13:54	4.3 (55.1%)
148	WILK Magdalena	153	ULTRAPOŚŁADACH/ TEAM ZABIEGANEDNI	K-OPEN	32		00:34:03	03:07:29	04:22:04	05:40:22	08:54:04.90	09:28:08.55	+03:57:22 (44.4%)	13:54	4.3 (55.1%)
149	SOKOŁOWSKI Artur	127	TEAM ZABIEGANEDNI	M-OPEN	117		00:34:31	02:55:41	04:17:27	05:42:20	09:13:33.35	09:48:04.55	+04:16:51 (46.4%)	14:24	4.2 (53.8%)

Znaleziono 149 wynik(ów)