

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2021-10-09
Miejsce: Szklarska Poręba
Dystans: 34 km

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	CZERNIAK Paweł	1426	KARKONOSZ RUNNING TEAM	M30	1	00:53:29	01:46:50	02:25:06.05	02:25:07.65		4:16	14.1 (100%)
2	SOBAS Jacek	1336	ASICSFONTRUNNERPOLAND	M30	2	00:55:03	01:50:09	02:32:50.35	02:32:51.65	+00:07:44 (5.1%)	4:29	13.3 (94.3%)
3	BRÝDL Pavel	1443	MUAY RUNNING TEAM	M40	1	00:56:31	01:52:36	02:35:26.45	02:35:28.15	+00:10:20 (6.7%)	4:34	13.1 (92.9%)
4	LAGNER Sebastian	1420	KB SOBÓTKA/ PRZEDWOJEWSKI TEAM	M20	1	00:57:39	01:55:17	02:38:43.50	02:38:45.60	+00:13:37 (8.6%)	4:40	12.9 (91.5%)
5	PAZDAN Piotr	1313	140MINUT.PL	M30	3	01:00:48	02:01:07	02:42:59.20	02:43:01.10	+00:17:53 (11.0%)	4:47	12.5 (88.7%)
6	RUTKOWSKI Dawid	1372	GRIZZLYTEAM/140MINUT.PL	M40	2	01:01:44	02:01:19	02:44:13.90	02:44:16.20	+00:19:08 (11.7%)	4:49	12.4 (87.9%)
7	SZKOŁA Wojciech	1354	NATURAL BORN RUNNERS	M30	4	01:01:33	02:01:21	02:45:59.40	02:46:02.10	+00:20:54 (12.6%)	4:52	12.3 (87.2%)
8	MICHAŁ Stopa	1375	SPLA TYCHY	M30	5	01:02:36	02:07:51	02:54:29.45	02:54:31.65	+00:29:24 (16.8%)	5:07	11.7 (83.0%)
9	CIEŚNIK Krzysztof	1490		M30	6		02:01:40	02:54:50.25	02:54:52.45	+00:29:44 (17.0%)	5:08	11.7 (83.0%)
10	SKRAJNY Łukasz	1373	JASIEK&ZOŚKA	M40	3	01:02:19	02:08:14	02:58:12.70	02:58:14.80	+00:33:07 (18.6%)	5:14	11.4 (80.9%)
11	MIRECKI Tomasz	1328	140MINUT.PL	M40	4	01:06:21	02:08:56	02:59:03.40	02:59:06.90	+00:33:59 (19.0%)	5:15	11.4 (80.9%)
12	DZIENISZEWSKI Michał	1402	DYNAFIT / SKALNIK.PL	M30	7	01:06:06	02:09:01	03:00:24.05	03:00:27.25	+00:35:19 (19.6%)	5:18	11.3 (80.1%)
13	KOTLAREK Dawid	1213	VEGE RUNNERS / #SOBASTEAM	M40	5	01:04:25	02:10:09	03:04:08.80	03:04:11.60	+00:39:03 (21.2%)	5:24	11.1 (78.7%)
14	CHYB Radosław	1425	RUN-PASSION.PL TEAM	M40	6	01:03:09	02:21:10	03:06:55.30	03:06:58.30	+00:41:50 (22.4%)	5:29	10.9 (77.3%)
15	MACIEJEWSKI Rafał	1410		M30	8	01:08:23	02:15:38	03:08:36.35	03:08:54.65	+00:43:47 (23.2%)	5:32	10.8 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	DOMAGAŁA Grzegorz	1295		M30	9	01:08:29	02:18:50	03:13:22.15	03:13:27.15	+00:48:19 (25.0%)	5:41	10.5 (74.5%)
17	WOJNAROWICZ Paweł	1446		M30	10	01:11:48	02:21:37	03:15:37.45	03:15:42.90	+00:50:35 (25.8%)	5:45	10.4 (73.8%)
18	PIĄTEK Jakub	1497		M20	2	01:09:08	02:19:55	03:15:48.10	03:16:03.85	+00:50:56 (26.0%)	5:45	10.4 (73.8%)
19	KANIA Tomasz	1414	#SOBASTEAM	M40	7	01:08:24	02:18:31	03:16:13.00	03:16:16.40	+00:51:08 (26.1%)	5:46	10.4 (73.8%)
20	KARCZ Tomasz	1452	TEALTREE.PL	M40	8	01:08:36	02:18:35	03:18:26.95	03:18:29.35	+00:53:21 (26.9%)	5:50	10.3 (73.0%)
21	MOJEK Michał	1475	DYNAFIT/GOPR KARKONOSZE	M40	9	01:08:50	02:19:25	03:18:25.45	03:18:30.20	+00:53:22 (26.9%)	5:50	10.3 (73.0%)
22	LISEK Andrzej	1498	LISEK	M30	11	01:08:50	02:21:26	03:18:34.10	03:18:36.80	+00:53:29 (26.9%)	5:50	10.3 (73.0%)
23	ŚNIERZYŃSKI Robert	1469		M30	12	01:11:33	02:22:52	03:19:38.35	03:19:42.65	+00:54:35 (27.3%)	5:52	10.2 (72.3%)
24	KURPIEWSKI Artur	1403		M40	10	01:12:09	02:24:27	03:20:31.10	03:20:34.20	+00:55:26 (27.6%)	5:53	10.2 (72.3%)
25	GAWRON Paweł	1466		M30	13	01:06:51	02:19:28	03:21:25.45	03:21:29.55	+00:56:21 (28.0%)	5:55	10.1 (71.6%)
26	KRZYŚKO Krzysztof	1346	RUN-PASSION.PL	M40	11	01:13:44	02:26:05	03:22:33.60	03:22:38.45	+00:57:30 (28.4%)	5:57	10.1 (71.6%)
27	GĄSIOROWSKI Jarosław	1302		M20	3	01:11:18	02:24:08	03:23:13.00	03:23:15.00	+00:58:07 (28.6%)	5:58	10 (70.9%)
28	MROWCA Paweł	1280		M30	14	01:11:10	02:24:08	03:26:14.45	03:26:28.95	+01:01:21 (29.7%)	6:03	9.9 (70.2%)
29	WOZNIAK Grzegorz	1366		M40	12	01:13:51	02:27:11	03:28:05.40	03:28:30.55	+01:03:22 (30.4%)	6:07	9.8 (69.5%)
30	FERET Hubert	1325		M30	15	01:14:10	02:27:44	03:32:03.05	03:32:06.05	+01:06:58 (31.6%)	6:14	9.6 (68.1%)
31	MOCZULSKI Kamil	1478	MOCNA GRUPA CEZARA/ SBRT WROCŁAW	M30	16	01:16:17	02:33:48	03:32:19.60	03:32:36.05	+01:07:28 (31.7%)	6:14	9.6 (68.1%)
32	PASTERNAK Przemysław	1312		M30	17	01:09:55	02:27:58	03:32:48.30	03:32:53.75	+01:07:46 (31.8%)	6:15	9.6 (68.1%)
33	PASZKIEWICZ Kamil	1208		M40	13	01:17:43	02:33:26	03:34:46.65	03:35:02.55	+01:09:54 (32.5%)	6:19	9.5 (67.4%)
34	NAWROCKI Dominik	1332		M30	18	01:14:20	02:30:52	03:37:58.85	03:38:06.15	+01:12:58 (33.5%)	6:24	9.4 (66.7%)
35	GRABOWSKI Daniel	1360	MOCNA GRUPA CEZARA	M40	14	01:17:15	02:36:38	03:38:55.10	03:39:09.75	+01:14:02 (33.8%)	6:26	9.3 (66.0%)
36	CHABKO Jacek	1474	WROCŁAW MARATHON TEAM	M50	1	01:21:28	02:36:16	03:39:17.85	03:39:29.40	+01:14:21 (33.9%)	6:26	9.3 (66.0%)
37	GAŁAT Dominik	1457		M20	4	01:16:00	02:35:12	03:41:10.55	03:41:19.05	+01:16:11 (34.4%)	6:30	9.2 (65.2%)
38	GALEK Adam	1296		M40	15	01:17:51	02:36:03	03:41:21.80	03:41:42.00	+01:16:34 (34.5%)	6:30	9.2 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt	PK B	Czas	Czas	Różn	Tempo	Tempo
						Śmierci	Jakuszyce	netto	brutto			
						12km	24km	34km	34km		min/km	km/h
39	WINIARSKI Jarosław	1298	WINIARA TEAM	M40	16	01:20:02	02:39:53	03:41:23.65	03:41:42.90	+01:16:35 (34.5%)	6:30	9.2 (65.2%)
40	POTAŚ Dariusz	1368	ULTRA-TRAIL® MAŁOPOLSKA TEAM	M50	2	01:17:41	02:35:27	03:42:25.25	03:42:38.35	+01:17:30 (34.8%)	6:32	9.2 (65.2%)
41	HYSYK Jakub	1415	NOA	M30	19	01:19:08	02:42:17	03:43:05.60	03:43:09.25	+01:18:01 (35.0%)	6:33	9.1 (64.5%)
42	DUJS Rafał	1456	HANGAR	M40	17	01:19:49	02:39:32	03:43:27.20	03:43:37.55	+01:18:29 (35.1%)	6:34	9.1 (64.5%)
43	PIETRZYK Tomasz	1218	140MINUT.PL	M40	18	01:20:12	02:39:45	03:43:44.10	03:43:48.50	+01:18:40 (35.2%)	6:34	9.1 (64.5%)
44	KUBIAK Dawid	1350		M30	20	01:20:46	02:41:56	03:43:52.20	03:43:58.30	+01:18:50 (35.2%)	6:35	9.1 (64.5%)
45	MUĆKA Paweł	1496		M40	19	01:20:16	02:40:14	03:44:13.65	03:44:42.65	+01:19:35 (35.4%)	6:35	9.1 (64.5%)
46	GOLA Henryk	1358		M50	3	01:15:58	02:38:45	03:45:24.85	03:45:29.25	+01:20:21 (35.6%)	6:37	9.1 (64.5%)
47	KRAJEWSKI Marcin	1437	NOA	M30	21	01:19:03	02:42:14	03:45:42.05	03:45:46.05	+01:20:38 (35.7%)	6:38	9 (63.8%)
48	MATYKIEWICZ Michał	1362		M40	20	01:21:14	02:41:57	03:46:27.40	03:46:39.70	+01:21:32 (36.0%)	6:39	9 (63.8%)
49	CYBULSKI Mariusz	1472	BIEGAJ Z MAŃKIEM TEAM, SAINT-GOBAIN SQUAD	M40	21	01:13:49	02:35:14	03:46:42.95	03:46:46.10	+01:21:38 (36.0%)	6:40	9 (63.8%)
50	GANCZEWSKI Paweł	1500	KS STASZEWCY	M50	4	01:19:23	02:41:21	03:46:38.80	03:46:48.75	+01:21:41 (36.0%)	6:39	9 (63.8%)
51	LESZCZYŃSKI Michał	1205	SYBERIA HUSKY TEAM	M40	22	01:16:56	02:35:19	03:46:46.40	03:46:54.05	+01:21:46 (36.0%)	6:40	9 (63.8%)
52	TOMELA Maciej	1343	TEAM GOSZKA	M30	22	01:21:55	02:42:11	03:47:16.25	03:47:40.05	+01:22:32 (36.3%)	6:41	9 (63.8%)
53	KOŚMIDER Piotr	1333	ZAWODNIK ZDYSKWALIFIKOWANY	M30	23	01:20:47	02:43:09	03:47:38.35	03:47:44.80	+01:22:37 (36.3%)	6:41	9 (63.8%)
54	KUCHARSKI Dariusz	1281		M40	23	01:22:24	02:44:45	03:47:46.60	03:48:01.35	+01:22:53 (36.4%)	6:41	9 (63.8%)
55	MIKOŁAJSKI Krzysztof	1481	MUD FOXES	M30	24	01:15:50	02:36:37	03:48:45.40	03:48:54.25	+01:23:46 (36.6%)	6:43	8.9 (63.1%)
56	BARSZCZYK Dawid	1393	IZERY BOGATYNIA	M20	5	01:17:05	02:41:39	03:48:46.95	03:49:07.45	+01:23:59 (36.7%)	6:43	8.9 (63.1%)
57	KOKOTT Marcin	1419	140MINUT.PL	M30	25	01:09:49	02:45:58	03:50:15.30	03:50:23.65	+01:25:16 (37.0%)	6:46	8.9 (63.1%)
58	ZAMBRZYCKI Leszek	1341		M30	26	01:19:54	02:40:03	03:50:41.35	03:50:54.95	+01:25:47 (37.2%)	6:47	8.8 (62.4%)
59	RYCHTYK Dawid	1371	140MINUT.PL	M40	24	01:25:37	02:48:38	03:51:23.60	03:51:32.25	+01:26:24 (37.3%)	6:48	8.8 (62.4%)
60	PODOLUK Marek	1291		M40	25	01:15:28	02:44:36	03:53:03.35	03:53:08.85	+01:28:01 (37.8%)	6:51	8.8 (62.4%)
61	BŁASZKIEWICZ Bogusz	1488		M40	26	01:21:21	02:43:23	03:53:01.45	03:53:14.40	+01:28:06 (37.8%)	6:51	8.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
62	NECKAR Michał	1363	HWBC	M40	27	01:18:54	02:42:27	03:52:58.60	03:53:16.00	+01:28:08 (37.8%)	6:51	8.8 (62.4%)
63	GOŁĘBIEWICZ Wojciech	1214		M20	6	01:18:43	02:40:49	03:53:33.55	03:53:51.15	+01:28:43 (37.9%)	6:52	8.7 (61.7%)
64	OLESIAK Roman	1385		M40	28	01:23:46	02:45:03	03:53:40.00	03:53:51.75	+01:28:44 (37.9%)	6:52	8.7 (61.7%)
65	PALCZYŃSKI Krzysztof	1409		M30	27	01:20:15	02:45:48	03:55:11.25	03:55:26.40	+01:30:18 (38.4%)	6:55	8.7 (61.7%)
66	FIJOLEK Tomek	1370	FIZJOTERAPIA HD	M30	28	01:21:34	02:46:58	03:58:54.85	03:59:12.75	+01:34:05 (39.3%)	7:01	8.5 (60.3%)
67	CHWIEJ Michał	1241	KS SZRENICA	M20	7	01:24:33	02:51:25	03:59:27.55	03:59:55.75	+01:34:48 (39.5%)	7:02	8.5 (60.3%)
68	MAKOCKI Michał	1365		M40	29	01:28:49	02:51:43	04:01:10.30	04:01:32.95	+01:36:25 (39.9%)	7:05	8.5 (60.3%)
69	WALKOWIAK Dawid	1201		M30	29	01:26:17	02:51:50	04:01:58.30	04:02:22.10	+01:37:14 (40.1%)	7:07	8.4 (59.6%)
70	KSIĘŻAREK Łukasz	1359	XC-SPORT TEAM	M40	30	01:23:28	02:45:45	04:02:42.80	04:02:49.20	+01:37:41 (40.2%)	7:08	8.4 (59.6%)
71	TUŃSKI Adam	1294		M40	31	01:25:14	02:56:25	04:02:39.35	04:02:51.95	+01:37:44 (40.2%)	7:08	8.4 (59.6%)
72	KRAMPICHOWSKI Paweł	1293		M40	32	01:25:16	02:56:23	04:02:40.00	04:02:52.20	+01:37:44 (40.2%)	7:08	8.4 (59.6%)
73	MERK Michał	1261		M20	8	01:15:26	02:46:05	04:04:29.05	04:04:41.00	+01:39:33 (40.7%)	7:11	8.3 (58.9%)
74	GÓRECKI Krzysztof	1326		M20	9	01:24:48	02:52:41	04:04:45.20	04:04:51.65	+01:39:44 (40.7%)	7:11	8.3 (58.9%)
75	PIASKOWSKI Mateusz	1203	KLUB MARATOŃCZYKA V LO W POZNANIU	M20	10	01:26:16	02:51:53	04:05:16.40	04:05:39.65	+01:40:32 (40.9%)	7:12	8.3 (58.9%)
76	PTAK Patryk	1236	CHSBD "W RUCHU"	M30	30	01:27:55	02:53:06	04:07:23.75	04:07:42.15	+01:42:34 (41.4%)	7:16	8.2 (58.2%)
77	PŁOK Krzysztof	1387	TEAMPŁOK	M50	5	01:23:10	02:52:32	04:07:49.85	04:07:56.25	+01:42:48 (41.5%)	7:17	8.2 (58.2%)
78	FORNALIK Adam	1462	WARSAW INTERNATIONAL TRIATHLON CLUB	M40	33	01:27:45	02:59:39	04:07:46.05	04:08:10.15	+01:43:02 (41.5%)	7:17	8.2 (58.2%)
79	BIELAWSKI Paweł	1327		M30	31	01:20:26	02:52:10	04:08:17.90	04:08:17.90	+01:43:10 (41.6%)	7:18	8.2 (58.2%)
80	LISOWSKI Grzegorz	1329		M40	34	01:25:03	02:52:57	04:09:05.55	04:09:09.90	+01:44:02 (41.8%)	7:19	8.2 (58.2%)
81	JURDZIAK Jakub	1349		M30	32	01:26:15	02:54:35	04:09:00.60	04:09:18.90	+01:44:11 (41.8%)	7:19	8.2 (58.2%)
82	GACKOWSKI Jarek	1430	TRISTYLE.PL	M40	35	01:33:10	03:00:11	04:11:06.95	04:11:32.35	+01:46:24 (42.3%)	7:23	8.1 (57.4%)
83	OSTROWSKI Rafał	1300	BIEGAMY-UZALEŻNIAMY	M30	33	01:27:30	02:56:50	04:11:22.95	04:11:43.70	+01:46:36 (42.3%)	7:23	8.1 (57.4%)
84	LIPCZYŃSKI Tomasz	1390	AKTYWNIE UZALEŻNIAMY	M30	34	01:01:34	02:56:40	04:11:23.80	04:11:44.90	+01:46:37 (42.4%)	7:23	8.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt	PK B	Czas	Czas	Różn	Tempo	Tempo
						Śmierci	Jakuszyce	netto	brutto			
						12km	24km	34km	34km		min/km	km/h
85	KOPANIA Kamil	1288	K.S TĘCZA	M30	35	01:32:41	03:02:43	04:11:51.20	04:12:08.65	+01:47:01 (42.4%)	7:24	8.1 (57.4%)
86	PIASKOWSKI Marcin	1455	BBL KROSNO ODRZAŃSKIE	M40	36	01:29:43	03:01:45	04:12:47.00	04:12:52.60	+01:47:44 (42.6%)	7:26	8.1 (57.4%)
87	SAMEK Aleksander	1222		M40	37	01:25:34	03:00:26	04:12:57.85	04:13:04.20	+01:47:56 (42.7%)	7:26	8.1 (57.4%)
88	DUDZIAK Tomasz	1299		M40	38	01:25:56	02:57:24	04:12:47.95	04:13:08.75	+01:48:01 (42.7%)	7:26	8.1 (57.4%)
89	GACA Maciej	1364	FORMOSAN BEARS	M50	6	01:28:43	02:57:29	04:13:24.90	04:13:46.85	+01:48:39 (42.8%)	7:27	8.1 (57.4%)
90	PIETRZAK Marek	1290		M40	39	01:31:56	03:01:32	04:15:23.05	04:15:38.35	+01:50:30 (43.2%)	7:30	8 (56.7%)
91	HORBATIUK Oleksii	1316		M20	11	01:21:23	02:57:01	04:15:56.25	04:16:02.30	+01:50:54 (43.3%)	7:31	8 (56.7%)
92	KUC Patryk	1486		M30	36	01:26:19	03:00:35	04:16:24.30	04:16:33.45	+01:51:25 (43.4%)	7:32	8 (56.7%)
93	TARNAWSKI Andrzej	1448		M40	40	01:36:42	03:05:55	04:16:18.60	04:16:40.95	+01:51:33 (43.5%)	7:32	8 (56.7%)
94	TRACZYK Piotr	1491		M40	41	01:25:37	02:59:16	04:16:32.60	04:16:43.15	+01:51:35 (43.5%)	7:32	8 (56.7%)
95	KACZMAREK Mirosław	1406	WOLSZTYŃSKA AKADEMIA BIEGOWA	M30	37	01:25:24	02:59:06	04:16:32.90	04:16:43.55	+01:51:35 (43.5%)	7:32	8 (56.7%)
96	SZPYTMA Remigiusz	1479	ABY DO PRZODU	M30	38	01:28:42	03:01:26	04:18:24.50	04:18:44.50	+01:53:36 (43.9%)	7:36	7.9 (56.0%)
97	RABIEJ Wojciech	1461	DUCLA ACADEMY	M40	42	01:26:27	02:57:00	04:18:53.80	04:19:17.90	+01:54:10 (44.0%)	7:36	7.9 (56.0%)
98	PURCZYŃSKI Grzegorz	1227		M40	43	01:25:50	03:05:37	04:19:53.10	04:19:57.10	+01:54:49 (44.2%)	7:38	7.8 (55.3%)
99	MATYSIAK Karol	1447	SMAZALNIA RYB U BIEGACZY/ OSH	M40	44	01:25:12		04:20:12.80	04:20:22.25	+01:55:14 (44.3%)	7:39	7.8 (55.3%)
100	KMIT Marcin	1400		M40	45	01:34:16	03:04:01	04:20:12.70	04:20:27.65	+01:55:20 (44.3%)	7:39	7.8 (55.3%)
101	BIAZIK Bartosz	1465		M30	39	01:31:08	03:01:27	04:20:32.15	04:20:45.85	+01:55:38 (44.3%)	7:39	7.8 (55.3%)
102	RATAJCZAK Robert	1458		M30	40	01:31:02	03:01:28	04:20:33.45	04:20:48.20	+01:55:40 (44.4%)	7:39	7.8 (55.3%)
103	KUBIAK Andrzej	1379		M60	1	01:28:32	03:04:00	04:22:40.65	04:22:52.85	+01:57:45 (44.8%)	7:43	7.8 (55.3%)
104	KOZIEŁ Szymon	1417	TOUR DE RUN	M40	46	01:24:46	03:01:12	04:22:29.55	04:22:55.55	+01:57:47 (44.8%)	7:43	7.8 (55.3%)
105	ROGOWSKI Tomasz	1382	UMLAUT	M30	41	01:31:59	03:05:50	04:23:04.40	04:23:06.85	+01:57:59 (44.8%)	7:44	7.8 (55.3%)
106	SERAFIN Michał	1353	HWBC	M40	47	01:30:17	03:04:40	04:23:37.45	04:23:54.85	+01:58:47 (45.0%)	7:45	7.7 (54.6%)
107	WITLICKI Kacper	1476	KROŚNIEŃSKIE WYDARZENIA	M20	12	01:28:25	03:05:33	04:24:14.80	04:24:20.55	+01:59:12 (45.1%)	7:46	7.7 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
108	GRELA Michał	1398	BIEGAMY WE WROCAWIU	M40	48	01:35:37	03:07:02	04:24:12.20	04:24:28.20	+01:59:20 (45.1%)	7:46	7.7 (54.6%)
109	POŁOM Rafał	1459	NOA	M30	42	01:32:42	03:03:22	04:24:58.00	04:25:02.00	+01:59:54 (45.2%)	7:47	7.7 (54.6%)
110	BUGAJ Alan	1344		M30	43	01:33:37	03:07:22	04:24:54.25	04:25:13.00	+02:00:05 (45.3%)	7:47	7.7 (54.6%)
111	KAMINSKI Jan	1396		M20	13	01:33:50	03:07:06	04:25:07.10	04:25:23.55	+02:00:15 (45.3%)	7:47	7.7 (54.6%)
112	IGNASZEWSKI Łukasz	1422		M30	44	01:32:13	03:09:37	04:25:51.80	04:25:56.70	+02:00:49 (45.4%)	7:49	7.7 (54.6%)
113	IGNASZEWSKI Paweł	1423		M30	45	01:32:27	03:09:36	04:26:08.15	04:26:12.70	+02:01:05 (45.5%)	7:49	7.7 (54.6%)
114	ZYGOŃ Artur	1431		M30	46	01:31:56	03:00:36	04:26:28.65	04:26:57.65	+02:01:50 (45.6%)	7:50	7.7 (54.6%)
115	MATUSIAK Jakub	1228	STYL KARKONOSKI	M30	47	01:31:49	03:05:05	04:26:55.40	04:27:21.65	+02:02:14 (45.7%)	7:51	7.6 (53.9%)
116	ŻABIEREK Tomasz	1311		M40	49	01:33:12	03:16:25	04:28:55.75	04:29:00.90	+02:03:53 (46.1%)	7:54	7.6 (53.9%)
117	BUJAK Łukasz	1232	#BIEGAMBOMAMZONE	M30	48	01:34:03	03:09:08	04:29:54.45	04:30:19.55	+02:05:11 (46.3%)	7:56	7.6 (53.9%)
118	HAŁUBEK Adam	1233		M30	49	01:33:47	03:09:06	04:30:05.80	04:30:31.15	+02:05:23 (46.4%)	7:56	7.6 (53.9%)
119	NOWAK Tomasz	1485		M30	50	01:30:08	03:07:06	04:30:34.00	04:30:38.35	+02:05:30 (46.4%)	7:57	7.5 (53.2%)
120	GRACZYK Mariusz	1317		M40	50	01:40:20	03:11:30	04:30:32.10	04:30:43.05	+02:05:35 (46.4%)	7:57	7.5 (53.2%)
121	PORĘBSKI Tomasz	1277	#STANDARDASAPTEAM	M30	51	01:35:18	03:13:22	04:31:51.90	04:32:07.05	+02:06:59 (46.7%)	7:59	7.5 (53.2%)
122	GAŁKOWSKI Paweł	1315		M40	51	01:27:40	03:08:35	04:31:48.65	04:32:16.00	+02:07:08 (46.7%)	7:59	7.5 (53.2%)
123	KLECZKOWSKI Jakub	1259		M30	52	01:26:07	03:10:45	04:32:18.35	04:32:30.95	+02:07:23 (46.7%)	8:00	7.5 (53.2%)
124	KUDELSKI Ireneusz	1489	ROZBIEGANI CHOJNÓW	M50	7	01:27:39	03:12:08	04:36:43.05	04:36:47.00	+02:11:39 (47.6%)	8:08	7.4 (52.5%)
125	ŻYDEK Piotr	1314	CHSBD "W RUCHU"	M20	14	01:27:48	03:14:21	04:37:28.35	04:37:50.60	+02:12:42 (47.8%)	8:09	7.4 (52.5%)
126	DUDEK Mariusz	1369		M40	52	01:25:52	03:11:27	04:38:06.35	04:38:09.55	+02:13:01 (47.8%)	8:10	7.3 (51.8%)
127	KŁOCZKO Marcin	1468		M30	53	01:29:52	03:07:47	04:38:08.30	04:38:19.95	+02:13:12 (47.9%)	8:10	7.3 (51.8%)
128	ŁABĘDZKI Piotr	1202		M50	8	01:36:28	03:15:23	04:37:58.35	04:38:21.65	+02:13:14 (47.9%)	8:10	7.3 (51.8%)
129	STYCZYŃSKI Dawid	1287		M30	54	01:36:13	03:18:44	04:39:06.20	04:39:36.75	+02:14:29 (48.1%)	8:12	7.3 (51.8%)
130	KOSTRZEWSKI Maciej	1355		M30	55	01:40:23	03:19:02	04:40:09.55	04:40:24.80	+02:15:17 (48.2%)	8:14	7.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
131	BĘBAS Paweł	1215		M40	53	01:38:43	03:15:10	04:40:09.40	04:40:28.70	+02:15:21 (48.3%)	8:14	7.3 (51.8%)
132	BOBROWSKI Marcin	1274	RECEPTANANUDE.PL	M50	9	01:33:45	03:12:32	04:40:37.25	04:40:48.80	+02:15:41 (48.3%)	8:15	7.3 (51.8%)
133	BOROŃ Wojciech	1254		M20	15	01:33:35	03:06:17	04:41:30.45	04:41:57.35	+02:16:49 (48.5%)	8:16	7.2 (51.1%)
134	HILDEBRAND Daniel	1252	A MOGŁEM JEŹDZIĆ NA ROWERZE	M40	54	01:28:42	03:09:07	04:42:17.75	04:42:17.75	+02:17:10 (48.6%)	8:18	7.2 (51.1%)
135	ZIELIŃSKI Karol	1250		M40	55	01:28:49	03:09:13	04:42:19.00	04:42:19.00	+02:17:11 (48.6%)	8:18	7.2 (51.1%)
136	SZUBARSKI Krzysztof	1412	PARKRUN CIESZYN	M40	56	01:32:50	03:13:54	04:42:26.05	04:42:29.55	+02:17:21 (48.6%)	8:18	7.2 (51.1%)
137	POLACZYK Bartosz	1255		M40	57	01:33:23	03:13:33	04:42:11.75	04:42:37.90	+02:17:30 (48.7%)	8:17	7.2 (51.1%)
138	KAWIK Janusz	1357		M40	58	01:38:34	03:18:55	04:43:36.25	04:43:41.55	+02:18:33 (48.8%)	8:20	7.2 (51.1%)
139	MATUSIAK Mateusz	1223	ARDENTCODE	M30	56		02:59:08	04:43:52.90	04:44:17.75	+02:19:10 (49.0%)	8:20	7.2 (51.1%)
140	KACZANOWSKI Marcin	1407	MTS DRUŻYNA SZPIKU	M40	59	01:34:10	03:14:13	04:44:06.90	04:44:31.65	+02:19:24 (49.0%)	8:21	7.2 (51.1%)
141	ZAWADZKI Bartosz	1487		M40	60	01:30:04	03:12:27	04:45:25.80	04:45:33.70	+02:20:26 (49.2%)	8:23	7.1 (50.4%)
142	JEKA Piotr	1449		M50	10	01:41:31	03:19:07	04:46:02.20	04:46:23.55	+02:21:15 (49.3%)	8:24	7.1 (50.4%)
143	STROJNY Radosław	1377	KILOMETRY POMOCY	M20	16	01:40:10	03:23:29	04:47:42.65	04:47:58.50	+02:22:50 (49.6%)	8:27	7.1 (50.4%)
144	RADOMSKI Bartosz	1376		M30	57	01:40:29	03:23:37	04:47:44.95	04:48:00.65	+02:22:53 (49.6%)	8:27	7.1 (50.4%)
145	RABIEJ Kazimierz	1408	ROZBIEGANI CHOJNÓW	M60	2	01:38:50	03:21:10	04:48:07.20	04:48:27.65	+02:23:20 (49.7%)	8:28	7.1 (50.4%)
146	BARAN Bogdan	1334	PRO-RUN	M60	3	01:36:09	03:18:19	04:49:04.45	04:49:27.05	+02:24:19 (49.9%)	8:30	7.1 (50.4%)
147	MALINOWSKI Jakub	1467	ZIELONOWO DRINKERS	M30	58	01:31:45	03:13:08	04:49:30.70	04:49:50.90	+02:24:43 (49.9%)	8:30	7 (49.6%)
148	KACPRZYCKI Tomasz	1323	DRUŻYNA BIEGOWA LECHA POZNAŃ	M30	59	01:42:00	03:29:08	04:49:27.10	04:49:55.10	+02:24:47 (49.9%)	8:30	7 (49.6%)
149	ANTKOWIAK Mirosław	1264		M50	11	01:34:23	03:24:38	04:50:20.75	04:50:23.85	+02:25:16 (50.0%)	8:32	7 (49.6%)
150	ŁAPIŃSKI Mateusz	1338	MANHU	M30	60	01:40:14	03:26:48	04:54:11.30	04:54:28.35	+02:29:20 (50.7%)	8:39	6.9 (48.9%)
151	WRÓBLEWSKI Janusz	1383	BBL KROSNO ODRZAŃSKIE	M50	12	01:35:30	03:21:47	04:56:33.85	04:56:38.90	+02:31:31 (51.1%)	8:43	6.9 (48.9%)
152	GŁADYSIAK Przemysław	1388		M40	61	01:53:33	03:41:28	05:06:22.20	05:06:41.75	+02:41:34 (52.7%)	9:00	6.7 (47.5%)
153	BORUCKI Rafał	1282		M40	62	01:41:05	03:37:45	05:11:18.15	05:11:36.45	+02:46:28 (53.4%)	9:09	6.6 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
154	KARPIESIUK Adam	1451	AKTYWNIE UZALEŻNIAMY	M40	63	01:42:52	03:35:49	05:14:04.70	05:14:24.65	+02:49:17 (53.8%)	9:14	6.5 (46.1%)
155	SZUL Eugeniusz	1484		M60	4	01:43:55	03:47:08	05:16:02.40	05:16:31.90	+02:51:24 (54.2%)	9:17	6.5 (46.1%)
156	JUDA Jarosław	1217		M50	13	01:51:00	03:46:41	05:17:00.00	05:17:07.65	+02:52:00 (54.2%)	9:19	6.4 (45.4%)
157	AWIŻEŃ Łukasz	1342		M30	61	01:46:24	03:41:56	05:21:15.30	05:21:28.70	+02:56:21 (54.9%)	9:26	6.4 (45.4%)
158	SUWAJ Roman	1240	ZOMBIE	M60	5	01:42:03	03:39:57	05:22:11.65	05:22:32.30	+02:57:24 (55.0%)	9:28	6.3 (44.7%)
159	KRAWCZYK Paweł	1284	MEDYCZNY KLUB TURYSTYCZNY	M50	14	01:40:00	03:45:21	05:26:56.95	05:27:06.50	+03:01:58 (55.6%)	9:36	6.2 (44.0%)
160	MACHNACZ Przemysław	1493	WROCŁAWSKI KLUB WYSOKOGÓRSKI	M20	17	01:49:35	03:53:44	05:32:06.95	05:32:24.65	+03:07:17 (56.3%)	9:46	6.1 (43.3%)
161	ROŻNIATA Andrzej	1433	SNG WILD DUCKS	M40	64	01:43:21	03:49:38	05:35:31.50	05:35:45.70	+03:10:38 (56.8%)	9:52	6.1 (43.3%)
162	HAKAŁO Grzegorz	1389		M40	65	01:53:33	03:53:05	05:35:55.70	05:36:14.80	+03:11:07 (56.8%)	9:52	6.1 (43.3%)
163	LACH Jakub	1473		M40	66	01:55:01	04:03:07	05:37:18.15	05:37:32.55	+03:12:24 (57.0%)	9:55	6 (42.6%)
164	JASIŃSKI Paweł	1331	ZMASAKROWANI	M40	67	01:49:40	03:58:23	05:50:15.35	05:50:15.35	+03:25:07 (58.6%)	10:18	5.8 (41.1%)
	JODŁOWSKI Marek	1318	BBL KROSNO ODRZANSKIE	M40		01:14:45 DNF	02:26:34 DNF	DNF	DNF		-	- (0.0%)
	JAROSZYŃSKI Piotr	1499		OPEN		01:34:24 DNF	03:14:41 DNF	DNF	DNF		-	- (0.0%)
	PIETRZAK Konrad Pietrzak	1453		M30		01:12:33 DNF	DNF	DNF	DNF		-	- (0.0%)
	FRANCHUK Dmytro	1436		M30		01:37:40 DNF	DNF	DNF	DNF		-	- (0.0%)
	WOŚ Łukasz	1429		M40		01:53:53 DNF	DNF	DNF	DNF		-	- (0.0%)
	KMIECIK Mirosław	1405		M40		01:53:58 DNF	DNF	DNF	DNF		-	- (0.0%)
	WYLEGAŁA Marcin	1237	OSP SZKLARSKA PORĘBA	M40		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 171 wynik(ów)