



34KM ZIMNY WDŻAR - GUT WINTER

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Wydarzenie: Gorce Ultra Trail - Winter
Organizator: Fundacja Run Vegan
Data: 2022-02-26
Miejsce: Ochotnica Górna
Dystans: 34.6 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 16km	Lubań 20km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
1	BŁAŻ Mateusz	256		M-OPEN	1		01:38:14	02:11:59	03:07:07.15	03:07:11.00		5:24	11.1 (100%)
2	WRÓBLEWSKI Robert	396		M-OPEN	2		01:43:20	02:16:23	03:10:39.50	03:10:44.15	+00:03:33 (1.9%)	5:30	10.9 (98.2%)
3	ZBOZIEN Jarosław	397	RMT TEAM	M-OPEN	3		01:44:32		03:14:01.95	03:14:05.75	+00:06:54 (3.6%)	5:36	10.7 (96.4%)
4	SZCZEPANIAK Witold	372		M-OPEN	4		01:46:39	02:23:13	03:16:31.30	03:16:34.20	+00:09:23 (4.8%)	5:40	10.6 (95.5%)
5	GRUND Marek	288	MAFIA TEAM LUBLINIEC	M-OPEN	5		01:45:05	02:23:06	03:19:34.70	03:19:38.50	+00:12:27 (6.2%)	5:46	10.4 (93.7%)
6	JAWORSKI Krzysztof	300	WISEGRAD MARATON RYTRO	M-OPEN	6	Wisegrad Maraton Rytro/PTT	01:47:03	02:25:20	03:25:09.85	03:25:15.35	+00:18:04 (8.8%)	5:55	10.1 (91.0%)
7	FLOREK Sebastian	276		M-OPEN	7		01:46:22	02:26:06	03:26:02.60	03:26:07.45	+00:18:56 (9.2%)	5:57	10.1 (91.0%)
8	GAWLIK Sławek	281	DYNAFIT	M-OPEN	8		01:50:10	02:26:43	03:28:10.30	03:28:13.65	+00:21:02 (10.1%)	6:00	10 (90.1%)
9	ZARĘBA Dariusz	404	GORĄCY POTOK TEAM	M-OPEN	9	Gorący Potok Team	01:59:15	02:37:41	03:40:12.60	03:40:15.80	+00:33:04 (15.0%)	6:21	9.4 (84.7%)
10	WĘGLIŃSKI Mikołaj	389		M-OPEN	10		01:51:33	02:34:21	03:46:03.05	03:46:14.40	+00:39:03 (17.3%)	6:31	9.2 (82.9%)
11	BEREZNOWSKA Patrycja	11	WIELISZEW HERON TEAM HOKA POLAND TEAM	K-OPEN	1		02:03:44	02:44:33	03:52:23.15	03:52:28.05	+00:45:17 (19.5%)	6:42	8.9 (80.2%)
12	HAJDA Justyna	292	MAFIA TEAM LUBLINIEC	K-OPEN	2		02:04:38	02:46:51	03:53:08.40	03:53:15.55	+00:46:04 (19.8%)	6:44	8.9 (80.2%)
13	SZKOŁA Paweł	375		M-OPEN	11		01:54:12	02:32:46	03:54:22.90	03:54:47.10	+00:47:36 (20.3%)	6:46	8.9 (80.2%)
14	KUREK Jacek	322	ŚWIETLIKOWO	M-OPEN	12		02:02:41	02:45:32	03:54:55.80	03:55:04.05	+00:47:53 (20.4%)	6:47	8.8 (79.3%)
15	MAZUR Paweł	370		M-OPEN	13	Od Bałtyku, aż do Tatr	02:05:56	02:46:44	03:57:08.40	03:57:12.65	+00:50:01 (21.1%)	6:51	8.8 (79.3%)
16	GAWRON Łukasz	282	JEDYNY RAKI	M-OPEN	14		02:08:46	02:50:26	03:59:27.55	03:59:39.65	+00:52:28 (21.9%)	6:55	8.7 (78.4%)
17	ADAMEK Dariusz	250	#ADAMCZERWIŃSKITEAM	M-OPEN	15	#AdamCzerwińskiTeam	02:09:38	02:51:05	04:02:50.15	04:03:02.95	+00:55:51 (23.0%)	7:01	8.5 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 16km	Lubań 20km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
18	WIERZBA Michał	393	RUNKLINY TEAM	M-OPEN	16		02:12:54	02:56:24	04:03:56.85	04:04:22.40	+00:57:11 (23.4%)	7:03	8.5 (76.6%)
19	KOLANO Agnieszka	310	KUŹNIA TRIATHLONU	K-OPEN	3		02:10:01	02:53:09	04:05:24.10	04:05:29.05	+00:58:18 (23.7%)	7:05	8.5 (76.6%)
20	LEŚNIAK Anna	323	SALT RUNNERS BOCHNIA	K-OPEN	4		02:09:44	02:55:54	04:05:45.55	04:06:19.60	+00:59:08 (24.0%)	7:06	8.4 (75.7%)
21	FEDORCZAK Jacek	275		M-OPEN	17		02:10:34	02:55:05	04:08:38.50	04:08:56.90	+01:01:45 (24.8%)	7:11	8.3 (74.8%)
22	KOŻUCH Michał	316	REDLINETEAM	M-OPEN	18	RedLineTeam	02:01:13	02:48:04	04:08:53.30	04:09:13.20	+01:02:02 (24.9%)	7:11	8.3 (74.8%)
23	BORYCKI Łukasz	258	BIEGAJĄCE WŁÓCZYKIJE	M-OPEN	19		02:18:40	03:03:51	04:13:47.20	04:14:06.60	+01:06:55 (26.3%)	7:20	8.2 (73.9%)
24	FURMAŃSKI Kuba	280		M-OPEN	20		02:10:45	02:56:32	04:18:57.25	04:19:20.05	+01:12:09 (27.8%)	7:29	8 (72.1%)
25	PRUTA Rafał	353	FATBOYS SPRINT	M-OPEN	21		02:15:00	03:00:54	04:19:30.75	04:19:39.50	+01:12:28 (27.9%)	7:30	8 (72.1%)
26	KOCIK Marcin	309	FATBOY SPRINT	M-OPEN	22		02:15:37	03:03:49	04:20:54.15	04:21:02.85	+01:13:51 (28.3%)	7:32	8 (72.1%)
27	MARSZAŁEK Kamil	334	KBKW	M-OPEN	23		02:14:54	03:01:11	04:20:58.05	04:21:04.05	+01:13:53 (28.3%)	7:32	8 (72.1%)
28	IMIOŁEK Dominik	296		M-OPEN	24		02:29:09	03:12:19	04:20:40.25	04:21:29.45	+01:14:18 (28.4%)	7:32	8 (72.1%)
29	SZARANIEC Sebastian	371	MCBIEGACZE / TRAIL IS OUR WAY TEAM	M-OPEN	25		02:18:20	03:02:05	04:30:35.30	04:30:49.55	+01:23:38 (30.9%)	7:49	7.7 (69.4%)
30	FUKS Szymon	279	MCBIEGACZE	M-OPEN	26		02:18:19	03:06:59	04:30:34.60	04:30:49.75	+01:23:38 (30.9%)	7:49	7.7 (69.4%)
31	MARCINKOWSKA-CHOLEWA Katarzyna	333	GÓRAL Z MAZUR RUNNING TEAM	K-OPEN	5	Góral z Mazur Running Team	02:28:37	03:14:27	04:35:55.80	04:36:00.70	+01:28:49 (32.2%)	7:58	7.5 (67.6%)
32	GRADKOWSKA Gosia	286	PODKOWIAŃSKIE TOWARZYSTWO BIEGOWE	K-OPEN	6		02:20:27	03:10:33	04:39:24.75	04:39:50.00	+01:32:39 (33.1%)	8:04	7.4 (66.7%)
33	KUŁAKOWSKI Artur	321		M-OPEN	27		02:23:55	03:10:42	04:39:43.20	04:39:54.30	+01:32:43 (33.1%)	8:05	7.4 (66.7%)
34	GORCZYŃSKI Wojciech	285		M-OPEN	28		02:25:26	03:17:03	04:39:14.30	04:40:03.50	+01:32:52 (33.2%)	8:04	7.4 (66.7%)
35	BANACH Mateusz	4		M-OPEN	29		02:18:42	03:08:55	04:40:14.55	04:40:20.75	+01:33:09 (33.2%)	8:05	7.4 (66.7%)
36	HACZ Paweł	291		M-OPEN	30		02:18:13		04:41:42.00	04:41:47.25	+01:34:36 (33.6%)	8:08	7.4 (66.7%)
37	KARPIEL Marcin	305		M-OPEN	31		02:29:09	03:17:08	04:41:01.10	04:41:51.25	+01:34:40 (33.6%)	8:07	7.4 (66.7%)
38	PIETRZAK Maciej	348	POBIEGANY CZŁOWIEK	M-OPEN	32		02:18:33	03:08:40	04:44:03.05	04:44:14.05	+01:37:03 (34.1%)	8:12	7.3 (65.8%)
39	HAMUDA Jakub	293	CREATIVE BOCHNIA BIEGA TEAM	M-OPEN	33		02:29:20	03:16:45	04:45:49.35	04:46:26.75	+01:39:15 (34.7%)	8:15	7.3 (65.8%)
40	KŁOSOWSKI Rafał	308	RR SWIMRUN	M-OPEN	34		02:29:18	03:16:51	04:46:33.65	04:47:11.85	+01:40:00 (34.8%)	8:16	7.2 (64.9%)
41	FALKOWSKI Piotr	274	KS PEGAZ PIASECZNO	M-OPEN	35		02:35:32	03:24:11	04:48:31.20	04:48:52.95	+01:41:41 (35.2%)	8:20	7.2 (64.9%)
42	RUDZIŃSKI Tomasz	362	KUNA W AGREŚCIE	M-OPEN	36		02:18:33	03:12:00	04:49:25.60	04:49:48.70	+01:42:37 (35.4%)	8:21	7.2 (64.9%)

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43	KOZIOŁ Ewa	315	KB-SOBÓTKA	K-OPEN	7	KB Sobótka	02:35:52	03:25:57	04:50:17.15	04:50:25.20	+01:43:14 (35.5%)	8:23	7.2 (64.9%)
44	GINTER Grzegorz	283	AZS COLLEGIUM MEDICUM UJ	M-OPEN	37		02:32:44	03:24:48	04:51:42.00	04:51:47.60	+01:44:36 (35.9%)	8:25	7.1 (64.0%)
45	MALICKI Emil	331	OSTROBIEC	M-OPEN	38		02:26:24	03:18:21	04:50:58.15	04:51:48.30	+01:44:37 (35.9%)	8:24	7.1 (64.0%)
46	PIOTROWICZ Małgorzata	350	INFINITY-GYM	K-OPEN	8		02:39:05	03:29:33	04:51:35.45	04:51:56.95	+01:44:45 (35.9%)	8:25	7.1 (64.0%)
47	SOKÓŁ Sylwia	414		K-OPEN	9		02:35:13	03:28:52	04:52:27.50	04:53:08.95	+01:45:57 (36.1%)	8:27	7.1 (64.0%)
48	WOJTOWICZ Emil	395		M-OPEN	39		02:36:26	03:27:24	04:54:41.00	04:55:03.40	+01:47:52 (36.6%)	8:31	7 (63.1%)
49	NOWAKOWSKI Izidor	339	#ADAMCZERWIŃSKITEAM	M-OPEN	40		02:31:20	03:21:52	04:55:27.90	04:55:38.10	+01:48:27 (36.7%)	8:32	7 (63.1%)
50	MALESA Tomasz	330		M-OPEN	41		02:31:39	03:26:11	04:57:47.65	04:58:11.35	+01:51:00 (37.2%)	8:36	7 (63.1%)
51	MUCHA Miłosz	338	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-OPEN	42		02:37:28	03:28:15	04:57:57.75	04:58:19.45	+01:51:08 (37.3%)	8:36	7 (63.1%)
52	CUDAK Andrzej	264	ROZBIEGAJMY RADOMSKO	M-OPEN	43	Rozbiegajmy Radomsko	02:29:18	03:21:50	04:59:19.45	05:00:02.45	+01:52:51 (37.6%)	8:39	6.9 (62.2%)
53	BOCHENEK Michał	257	INFINITY-GYM	M-OPEN	44		02:39:07	03:32:02	05:04:16.20	05:04:37.70	+01:57:26 (38.6%)	8:47	6.8 (61.3%)
54	ŚMITKOWSKI Fabian	379	LOS TREPOS COMPANIEROS	M-OPEN	45		02:40:14	03:26:42	05:05:03.95	05:05:36.40	+01:58:25 (38.8%)	8:48	6.8 (61.3%)
55	TUTAJ Krzysztof	383	MILÓWKA TEAM	M-OPEN	46		02:35:49		05:05:24.40	05:05:39.95	+01:58:28 (38.8%)	8:49	6.8 (61.3%)
56	DERLAGA Wojciech	271	MILOWKA TIM	M-OPEN	47		02:35:48	03:28:45	05:05:34.70	05:05:50.45	+01:58:39 (38.8%)	8:49	6.8 (61.3%)
57	MALISZEWSKA Marta	402	KINGRUNNER ULTRA	K-OPEN	10		02:37:11	03:33:08	05:05:54.40	05:06:16.60	+01:59:05 (38.9%)	8:50	6.8 (61.3%)
58	MAJTYKA Tomasz	328	LOS TREPOS COMPANIEROS	M-OPEN	48		02:39:40	03:29:57	05:05:55.55	05:06:29.90	+01:59:18 (38.9%)	8:50	6.8 (61.3%)
59	CHOJNACKI Mikołaj	262	WARSAW RUN CLUB	M-OPEN	49		02:39:50	03:28:58	05:07:29.45	05:07:50.85	+02:00:39 (39.2%)	8:53	6.8 (61.3%)
60	SZABELAK Witold	403	KINGRUNNER ULTRA	M-OPEN	50	Kingrunner Ultra	02:37:10	03:30:42	05:07:35.35	05:07:57.80	+02:00:46 (39.2%)	8:53	6.7 (60.4%)
61	PIĘTA Łukasz	349	INFINITY GYM	M-OPEN	51		02:46:13	03:40:18	05:08:09.95	05:08:30.80	+02:01:19 (39.3%)	8:54	6.7 (60.4%)
62	PIERZCHAŁSKI Sebastian	346	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	M-OPEN	52	KBKS Radomsko	02:36:11	03:29:49	05:10:22.70	05:10:57.35	+02:03:46 (39.8%)	8:58	6.7 (60.4%)
63	KRÓL Maciej	318		M-OPEN	53		02:48:25	03:40:50	05:11:15.25	05:11:58.35	+02:04:47 (40.0%)	8:59	6.7 (60.4%)
64	SZUBERT-WALENCZAK Magdalena	377	TEAM ZABIEGANEDNI	K-OPEN	11		02:44:42	03:38:14	05:12:51.75	05:13:32.40	+02:06:21 (40.3%)	9:02	6.6 (59.5%)
65	MURAWSKI Michał	407		M-OPEN	54		02:42:57	03:36:55	05:12:58.45	05:13:34.95	+02:06:23 (40.3%)	9:02	6.6 (59.5%)
66	MAZURKIEWICZ Jolanta	336	BYCHAWA RUNNERS	K-OPEN	12		02:55:10	03:46:32	05:13:30.10	05:13:46.35	+02:06:35 (40.3%)	9:03	6.6 (59.5%)
67	CHMIEL Marcin	413		M-OPEN	55		02:34:01	03:28:03	05:13:50.25	05:14:03.70	+02:06:52 (40.4%)	9:04	6.6 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 16km	Lubań 20km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 34.6km	brutto 34.6km			
68	ŚLAŚKI Bartosz	378	DZIK KOMANDO	M-OPEN	56		02:45:56	03:40:30	05:13:58.80	05:14:14.70	+02:07:03 (40.4%)	9:04	6.6 (59.5%)
69	REDKIEWICZ Agnieszka	358	TEAM ZABIEGANEDNI	K-OPEN	13		02:44:43	03:38:07	05:13:42.60	05:14:22.70	+02:07:11 (40.5%)	9:03	6.6 (59.5%)
70	REPKA Anna	359	LUPUS TEAM	K-OPEN	14		02:42:25	03:43:22	05:17:34.70	05:17:54.90	+02:10:43 (41.1%)	9:10	6.5 (58.6%)
71	GOŁOWICZ Ania	284		K-OPEN	15		02:46:03	03:42:17	05:21:49.85	05:22:47.00	+02:15:36 (42.0%)	9:18	6.5 (58.6%)
72	PRZESMYCKI Krzysztof	406		M-OPEN	57		02:43:01	03:41:11	05:22:39.00	05:23:32.85	+02:16:21 (42.1%)	9:19	6.4 (57.7%)
73	PRYJMA Tomasz	354	FUNEXSPORTS	M-OPEN	58		02:49:17	03:44:59	05:23:11.80	05:23:40.60	+02:16:29 (42.2%)	9:20	6.4 (57.7%)
74	WOJCIESZAK Klaudia	394		K-OPEN	16		02:55:33	03:49:31	05:23:52.75	05:24:02.85	+02:16:51 (42.2%)	9:21	6.4 (57.7%)
75	DRABIK - SŁOMKA Małgorzata	411		K-OPEN	17		02:48:08	03:47:34	05:25:58.80	05:26:08.75	+02:18:57 (42.6%)	9:25	6.4 (57.7%)
76	FALECKI Damian	273	KSZO OSTROWIEC	M-OPEN	59		02:51:26	03:44:43	05:25:24.20	05:26:11.30	+02:19:00 (42.6%)	9:24	6.4 (57.7%)
77	MAKARENKOV Sergii	329		M-OPEN	60		03:00:05	03:56:56	05:26:08.45	05:26:18.65	+02:19:07 (42.6%)	9:25	6.4 (57.7%)
78	HEJDUK Monika	294	UMCS BIEGA	K-OPEN	18		02:53:23	03:51:07	05:26:59.90	05:27:16.70	+02:20:05 (42.8%)	9:27	6.3 (56.8%)
79	ZIELIŃSKA-KOŁACZ Ewelina	398		K-OPEN	19		02:51:16	03:50:19	05:26:39.75	05:27:18.90	+02:20:07 (42.8%)	9:26	6.4 (57.7%)
80	KAMYSZ Robert	303	KW KRAKÓW	M-OPEN	61		02:53:53	03:47:33	05:27:17.80	05:27:40.90	+02:20:29 (42.9%)	9:27	6.3 (56.8%)
81	BRODZIAK Kacper	259	JR TEAM & BRADAS	M-OPEN	62		02:56:46	03:52:19	05:29:00.05	05:29:25.90	+02:22:14 (43.2%)	9:30	6.3 (56.8%)
82	KACZMAREK Łukasz	302	DZIK KOMANDO	M-OPEN	63		02:45:58	03:42:55	05:29:53.00	05:30:06.25	+02:22:55 (43.3%)	9:32	6.3 (56.8%)
83	STANISZEWSKA Joanna	369	SPC	K-OPEN	20	SPC	02:47:52	03:47:52	05:29:49.80	05:30:06.90	+02:22:55 (43.3%)	9:31	6.3 (56.8%)
84	WARDA Michal	386	JR TEAM	M-OPEN	64		02:56:51	03:52:30	05:30:23.15	05:30:48.80	+02:23:37 (43.4%)	9:32	6.3 (56.8%)
85	TOL Monika	380	MAFIA TEAM LUBLINIEC	K-OPEN	21		02:51:40	03:51:30	05:30:43.80	05:31:07.35	+02:23:56 (43.5%)	9:33	6.3 (56.8%)
85	TOL Kamil	381	KUNA W AGREŚCIE	M-OPEN	65		02:51:34	03:51:15	05:30:42.90	05:31:07.35	+02:23:56 (43.5%)	9:33	6.3 (56.8%)
87	SZMYT Barbara	376	KLUB INO STOWARZYSZE	K-OPEN	22		02:57:12	03:49:18	05:30:50.05	05:31:19.75	+02:24:08 (43.5%)	9:33	6.3 (56.8%)
88	PASEK Monika	344	DANIEL WOSIK TERVEL TEAM	K-OPEN	23		03:01:48	03:54:56	05:30:47.90	05:31:21.30	+02:24:10 (43.5%)	9:33	6.3 (56.8%)
89	BUDNY Aleksandra	261	KRAŚNIKBIEGA/NO PAIN NO GAIN	K-OPEN	24		02:59:22	03:59:46	05:31:28.35	05:32:05.35	+02:24:54 (43.6%)	9:34	6.3 (56.8%)
90	KRUSZEWSKI Jacek	319	MARKOWI BIEGACZE	M-OPEN	66		02:53:46		05:32:09.80	05:32:44.10	+02:25:33 (43.7%)	9:35	6.3 (56.8%)
91	SZEWczyk Mariusz	374		M-OPEN	67		02:57:57	03:54:41	05:33:15.25	05:33:50.30	+02:26:39 (43.9%)	9:37	6.2 (55.9%)
92	SOBOTKA Monika	405		K-OPEN	25		03:05:28	03:59:35	05:33:49.05	05:34:09.65	+02:26:58 (44.0%)	9:38	6.2 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 16km	Lubań 20km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 34.6km	brutto 34.6km			
93	KULER Bartosz	320	PGB SPORTOWA PACZKA	M-OPEN	68		02:38:27	03:35:38	05:33:57.35	05:34:50.30	+02:27:39 (44.1%)	9:39	6.2 (55.9%)
94	PIRÓG Wojciech	351		M-OPEN	69		02:50:32	03:48:48	05:34:37.20	05:35:04.90	+02:27:53 (44.1%)	9:40	6.2 (55.9%)
95	WĘGRZYNEK Mirka	390		K-OPEN	26		03:15:12	04:09:56	05:41:17.45	05:41:44.40	+02:34:33 (45.2%)	9:51	6.1 (55.0%)
96	PUZA Adam	356		M-OPEN	70		02:48:00	03:52:34	05:42:00.65	05:42:16.60	+02:35:05 (45.3%)	9:53	6.1 (55.0%)
97	ŁABĘCKA Agata	326	KLUB BIEGACZA RTV EURO AGD	K-OPEN	27		03:06:30	04:03:45	05:42:03.55	05:42:58.05	+02:35:47 (45.4%)	9:53	6.1 (55.0%)
98	PUDŁO Sebastian	355	OSTROBIEC	M-OPEN	71	OstroBiec	03:00:35	03:58:58	05:42:29.20	05:43:17.10	+02:36:06 (45.5%)	9:53	6.1 (55.0%)
99	CYLKE Marcin	266		M-OPEN	72		02:57:20	03:58:15	05:43:16.55	05:43:29.55	+02:36:18 (45.5%)	9:55	6 (54.1%)
100	TUSIŃSKI Seweryn	382	OSTROBIEC	M-OPEN	73		02:58:47	03:28:25	05:45:24.00	05:46:04.35	+02:38:53 (45.9%)	9:58	6 (54.1%)
101	KOZDRÓJ Marcin	313		M-OPEN	74		03:07:46	04:05:41	05:46:39.40	05:47:23.10	+02:40:12 (46.1%)	10:01	6 (54.1%)
102	KOZDRÓJ Wioletta	314	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	28		03:07:43	04:05:24	05:46:39.25	05:47:23.40	+02:40:12 (46.1%)	10:01	6 (54.1%)
103	OSYDA Maciej	341	HTF LUDWIK SIKORSKI	M-OPEN	75		03:07:37	04:04:17	05:49:29.25	05:50:04.45	+02:42:53 (46.5%)	10:06	5.9 (53.2%)
104	KACZMAREK Aleksandra	301	KACZMAREK TEAM	K-OPEN	29		03:15:55	04:15:08	05:51:41.05	05:52:00.60	+02:44:49 (46.8%)	10:09	5.9 (53.2%)
105	PAPIERNIK Aneta	342	MARKOWI BIEGACZE	K-OPEN	30	Markowi Biegacze	02:58:02	04:11:12	05:53:34.05	05:53:47.50	+02:46:36 (47.1%)	10:13	5.9 (53.2%)
106	MRZYGLÓDZKI Grzegorz	337		M-OPEN	76		03:02:30	04:07:15	05:53:51.30	05:54:24.40	+02:47:13 (47.2%)	10:13	5.9 (53.2%)
107	KIJOWSKA Aldona	307	MARKOWI BIEGACZE	K-OPEN	31	Markowi Biegacze	03:08:47	04:15:11	05:56:48.75	05:57:00.15	+02:49:49 (47.6%)	10:18	5.8 (52.3%)
108	WASIK Marta	387	EDC RUNNERS	K-OPEN	32		03:10:12	04:04:21	05:56:42.15	05:57:24.00	+02:50:13 (47.6%)	10:18	5.8 (52.3%)
108	WASIK Michał	388		M-OPEN	77		03:10:15	04:07:03	05:56:41.50	05:57:24.00	+02:50:13 (47.6%)	10:18	5.8 (52.3%)
110	JAROCH Michał	299	MARKOWI BIEGACZE	M-OPEN	78	Markowi Biegacze	02:58:02	04:11:19	05:59:28.20	05:59:42.55	+02:52:31 (48.0%)	10:23	5.8 (52.3%)
111	CHUCHAŁA Paweł	263	MARKOWI BIEGACZE	M-OPEN	79	Markowi Biegacze	02:22:51	03:11:14	05:59:28.15	05:59:42.80	+02:52:31 (48.0%)	10:23	5.8 (52.3%)
112	SZEJKA Katarzyna	373		K-OPEN	33		03:06:29	04:03:52	06:02:49.10	06:03:44.00	+02:56:33 (48.5%)	10:29	5.7 (51.4%)
113	KORZENIOWSKA Małgorzata	311	METLIFE RUN	K-OPEN	34		03:06:28	04:03:42	06:02:50.00	06:03:44.55	+02:56:33 (48.5%)	10:29	5.7 (51.4%)
114	BRZOZOWSKA Katarzyna	260		K-OPEN	35	Markowi Biegacze	03:20:10	04:24:34	06:04:26.35	06:04:37.00	+02:57:26 (48.7%)	10:31	5.7 (51.4%)
115	ŻAK Oliwia	399		K-OPEN	36	Markowi Biegacze	03:20:10	04:24:38	06:04:26.65	06:04:37.45	+02:57:26 (48.7%)	10:31	5.7 (51.4%)
116	APANOWICZ Angelika	252	EKOBIEGI	K-OPEN	37		03:17:14	04:22:10	06:06:07.75	06:06:12.90	+02:59:01 (48.9%)	10:34	5.7 (51.4%)
117	LITKOWICZ Adrian	324	EKOBIEGI	M-OPEN	80		03:17:08	04:22:14	06:06:06.95	06:06:13.85	+02:59:02 (48.9%)	10:34	5.7 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 16km	Lubań 20km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
118	CZEKA Robert	267		M-OPEN	81		03:08:33	03:56:48	06:06:08.65	06:06:54.20	+02:59:43 (49.0%)	10:34	5.7 (51.4%)
119	CZEKA Rudolf	268		M-OPEN	82		03:08:33	04:05:01	06:06:09.85	06:06:54.80	+02:59:43 (49.0%)	10:34	5.7 (51.4%)
120	KWIATKOWSKI Jacek	412	CM UJ MASTERS	M-OPEN	83		02:51:58	03:44:38	06:06:51.40	06:07:30.30	+03:00:19 (49.1%)	10:36	5.7 (51.4%)
121	OLSZEWSKA Paulina	340	JR TEAM	K-OPEN	38		03:18:04	04:18:44	06:08:27.15	06:08:54.80	+03:01:43 (49.3%)	10:38	5.6 (50.5%)
121	JARECKA Katarzyna	298	JR TEAM	K-OPEN	38		03:18:01	04:18:50	06:08:27.85	06:08:54.80	+03:01:43 (49.3%)	10:38	5.6 (50.5%)
123	KARWACKI Rafał	306	JR TEAM	M-OPEN	84		03:18:03	04:19:03	06:08:29.55	06:08:55.20	+03:01:44 (49.3%)	10:38	5.6 (50.5%)
124	BEDNAREK Michał	254	CROSSELITE	M-OPEN	85		03:15:54	04:15:26	06:09:00.15	06:09:18.95	+03:02:07 (49.3%)	10:39	5.6 (50.5%)
125	PŁANETA Adam	352		M-OPEN	86		03:09:11	04:11:49	06:11:09.25	06:11:42.75	+03:04:31 (49.6%)	10:43	5.6 (50.5%)
126	TYMBOROWSKA -WIEDRO Małgorzata	401		K-OPEN	40		03:24:09	04:31:28	06:13:34.70	06:14:13.10	+03:07:02 (50.0%)	10:47	5.6 (50.5%)
127	ALBIGOWSKA POZYTYWNIEMIE_ROZBIEGANA Magdalena	251		K-OPEN	41		03:15:42	04:24:12	06:15:09.85	06:15:30.35	+03:08:19 (50.2%)	10:50	5.5 (49.5%)
128	BEDNARSKI Paweł	255		M-OPEN	87		03:17:54	04:22:29	06:15:12.30	06:16:00.80	+03:08:49 (50.2%)	10:50	5.5 (49.5%)
129	WAŃDOCH Piotr	385		M-OPEN	88		03:18:20	04:22:36	06:15:13.55	06:16:01.20	+03:08:50 (50.2%)	10:50	5.5 (49.5%)
130	SIEDLACZEK Zbigniew	366		M-OPEN	89		03:09:06	04:20:55	06:15:45.95	06:16:25.70	+03:09:14 (50.3%)	10:51	5.5 (49.5%)
131	HRYCIUK Katarzyna	295	EKOBIEGI	K-OPEN	42		03:24:50	04:27:58	06:22:27.85	06:22:35.35	+03:15:24 (51.1%)	11:03	5.4 (48.6%)
132	RACZYC Dariusz	357		M-OPEN	90		03:07:48	04:10:29	06:23:57.25	06:24:43.10	+03:17:32 (51.3%)	11:05	5.4 (48.6%)
133	WIERCHOŁA Joanna	392		K-OPEN	43		03:25:28	04:35:01	06:28:53.75	06:29:32.75	+03:22:21 (51.9%)	11:14	5.3 (47.7%)
134	ŁĄCKA Ilona	327	EKOBIEGI	K-OPEN	44		03:24:53	04:33:50	06:29:31.10	06:29:37.10	+03:22:26 (52.0%)	11:15	5.3 (47.7%)
135	IWANIEC Ewa	297		K-OPEN	45		03:35:04	04:44:19	06:30:17.45	06:31:12.00	+03:24:01 (52.2%)	11:16	5.3 (47.7%)
136	KOWALCZYK Katarzyna	312		K-OPEN	46		03:29:25	04:45:41	06:38:25.00	06:39:05.85	+03:31:54 (53.1%)	11:30	5.2 (46.8%)
136	RYTYCH Grzegorz	364		M-OPEN	91		03:29:23	04:45:08	06:38:24.50	06:39:05.85	+03:31:54 (53.1%)	11:30	5.2 (46.8%)
138	URBAŃCZYK Marcin	384		M-OPEN	92		03:25:26	04:44:14	06:41:45.55	06:42:29.45	+03:35:18 (53.5%)	11:36	5.2 (46.8%)
139	LITYŃSKA Małgorzata	325	TEAM ZABIEGANEDNI	K-OPEN	47		03:44:01	04:59:32	06:53:01.85	06:53:34.25	+03:46:23 (54.7%)	11:56	5 (45.0%)
140	SAMOĆ Barbara	365	TEAM ZABIEGANEDNI	K-OPEN	48		03:43:43	04:59:27	06:52:44.00	06:53:34.90	+03:46:23 (54.7%)	11:55	5 (45.0%)
141	RUDNICKA Agata	361		K-OPEN	49		03:34:51	04:49:18	06:56:03.35	06:56:58.75	+03:49:47 (55.1%)	12:01	5 (45.0%)
142	HABIERA Robert	290		M-OPEN	93		03:34:49	04:49:06	06:56:03.00	06:56:58.95	+03:49:47 (55.1%)	12:01	5 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 16km	Lubań 20km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
143	KOZAK Beata	415	WYBIEGAJ SIEBIE	K-OPEN	50		03:53:57	05:15:19	07:28:00.25	07:28:07.40	+04:20:56 (58.2%)	12:56	4.6 (41.4%)
144	SKRONSKA Monika	408	WYBIEGAJ SIEBIE	K-OPEN	51		03:53:56	05:15:33	07:28:00.55	07:28:07.45	+04:20:56 (58.2%)	12:56	4.6 (41.4%)
145	FRYŚ-RZEZAK Justyna	278	WYBIEGAJ SIEBIE	K-OPEN	52	Wybiegaj Siebie	03:53:57	05:15:48	07:28:00.65	07:28:07.50	+04:20:56 (58.2%)	12:56	4.6 (41.4%)
146	GRZEŚKOWIAK Marek	289		M-OPEN	94		03:49:57	05:11:01	07:38:06.65	07:38:51.35	+04:31:40 (59.2%)	13:14	4.5 (40.5%)
147	KALIŚ Artur	64	ULTRATATA	M-OPEN	95		04:00:43	05:21:50	08:08:33.75	08:09:03.70	+05:01:52 (61.7%)	14:07	4.2 (37.8%)
148	KORNIŁOW Agnieszka	409		K-OPEN	53		04:13:47	05:52:25	08:32:40.35	08:33:05.25	+05:25:54 (63.5%)	14:49	4 (36.0%)
148	KORNIŁOW Piotr	410		M-OPEN	96		04:13:46	05:52:14	08:32:40.80	08:33:05.25	+05:25:54 (63.5%)	14:49	4 (36.0%)
	TABIS-HUBKA Rafal	185	RESHAPERUNNERS	M-OPEN			02:17:00 DNF	03:10:13 DNF	DNF	DNF	-	-	- (0.0%)
	KRAWCZUK Mateusz	317		M-OPEN		Opole	02:34:37 DNF	03:25:24 DNF	DNF	DNF	-	-	- (0.0%)
	RYMARZ Robert	363		M-OPEN			DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 152 wynik(ów)