



# 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**  
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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	<b>BŁAŻ Mateusz</b>	<b>256</b>		M-OPEN	1		01:38:14	02:11:59	<b>03:07:07.15</b>	<b>03:07:11.00</b>		5:24	11.1 (100%)
2	<b>WRÓBLEWSKI Robert</b>	<b>396</b>		M-OPEN	2		01:43:20	02:16:23	<b>03:10:39.50</b>	<b>03:10:44.15</b>	+00:03:33 (1.9%)	5:30	10.9 (98.2%)
3	<b>ZBOZIEN Jarosław</b>	<b>397</b>	RMT TEAM	M-OPEN	3		01:44:32		<b>03:14:01.95</b>	<b>03:14:05.75</b>	+00:06:54 (3.6%)	5:36	10.7 (96.4%)
4	<b>SZCZEPANIAK Witold</b>	<b>372</b>		M-OPEN	4		01:46:39	02:23:13	<b>03:16:31.30</b>	<b>03:16:34.20</b>	+00:09:23 (4.8%)	5:40	10.6 (95.5%)
5	<b>GRUND Marek</b>	<b>288</b>	MAFIA TEAM LUBLINIEC	M-OPEN	5		01:45:05	02:23:06	<b>03:19:34.70</b>	<b>03:19:38.50</b>	+00:12:27 (6.2%)	5:46	10.4 (93.7%)
6	<b>JAWORSKI Krzysztof</b>	<b>300</b>	WISEGRAD MARATON RYTRO	M-OPEN	6	Wisegrad Maraton Rytro/PTT	01:47:03	02:25:20	<b>03:25:09.85</b>	<b>03:25:15.35</b>	+00:18:04 (8.8%)	5:55	10.1 (91.0%)
7	<b>FLOREK Sebastian</b>	<b>276</b>		M-OPEN	7		01:46:22	02:26:06	<b>03:26:02.60</b>	<b>03:26:07.45</b>	+00:18:56 (9.2%)	5:57	10.1 (91.0%)
8	<b>GAWLIK Sławek</b>	<b>281</b>	DYNAFIT	M-OPEN	8		01:50:10	02:26:43	<b>03:28:10.30</b>	<b>03:28:13.65</b>	+00:21:02 (10.1%)	6:00	10 (90.1%)
9	<b>ZARĘBA Dariusz</b>	<b>404</b>	GORĄCY POTOK TEAM	M-OPEN	9	Gorący Potok Team	01:59:15	02:37:41	<b>03:40:12.60</b>	<b>03:40:15.80</b>	+00:33:04 (15.0%)	6:21	9.4 (84.7%)
10	<b>WĘGLIŃSKI Mikołaj</b>	<b>389</b>		M-OPEN	10		01:51:33	02:34:21	<b>03:46:03.05</b>	<b>03:46:14.40</b>	+00:39:03 (17.3%)	6:31	9.2 (82.9%)
11	<b>BEREZNOWSKA Patrycja</b>	<b>11</b>	WIELISZEW HERON TEAM HOKA POLAND TEAM	K-OPEN	1		02:03:44	02:44:33	<b>03:52:23.15</b>	<b>03:52:28.05</b>	+00:45:17 (19.5%)	6:42	8.9 (80.2%)
12	<b>HAJDA Justyna</b>	<b>292</b>	MAFIA TEAM LUBLINIEC	K-OPEN	2		02:04:38	02:46:51	<b>03:53:08.40</b>	<b>03:53:15.55</b>	+00:46:04 (19.8%)	6:44	8.9 (80.2%)
13	<b>SZKOŁA Paweł</b>	<b>375</b>		M-OPEN	11		01:54:12	02:32:46	<b>03:54:22.90</b>	<b>03:54:47.10</b>	+00:47:36 (20.3%)	6:46	8.9 (80.2%)
14	<b>KUREK Jacek</b>	<b>322</b>	ŚWIETLIKOWO	M-OPEN	12		02:02:41	02:45:32	<b>03:54:55.80</b>	<b>03:55:04.05</b>	+00:47:53 (20.4%)	6:47	8.8 (79.3%)
15	<b>MAZUR Paweł</b>	<b>370</b>		M-OPEN	13	Od Bałtyku, aż do Tatr	02:05:56	02:46:44	<b>03:57:08.40</b>	<b>03:57:12.65</b>	+00:50:01 (21.1%)	6:51	8.8 (79.3%)
16	<b>GAWRON Łukasz</b>	<b>282</b>	JEDYNY RAKI	M-OPEN	14		02:08:46	02:50:26	<b>03:59:27.55</b>	<b>03:59:39.65</b>	+00:52:28 (21.9%)	6:55	8.7 (78.4%)
17	<b>ADAMEK Dariusz</b>	<b>250</b>	#ADAMCZERWIŃSKITEAM	M-OPEN	15	#AdamCzerwińskiTeam	02:09:38	02:51:05	<b>04:02:50.15</b>	<b>04:03:02.95</b>	+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	<b>WIERZBA Michał</b>	<b>393</b>	RUNKLINY TEAM	M-OPEN	16		02:12:54	02:56:24	<b>04:03:56.85</b>	<b>04:04:22.40</b>	+00:57:11 (23.4%)	7:03	8.5 (76.6%)
19	<b>KOLANO Agnieszka</b>	<b>310</b>	KUŹNIA TRIATHLONU	K-OPEN	3		02:10:01	02:53:09	<b>04:05:24.10</b>	<b>04:05:29.05</b>	+00:58:18 (23.7%)	7:05	8.5 (76.6%)
20	<b>LEŚNIAK Anna</b>	<b>323</b>	SALT RUNNERS BOCHNIA	K-OPEN	4		02:09:44	02:55:54	<b>04:05:45.55</b>	<b>04:06:19.60</b>	+00:59:08 (24.0%)	7:06	8.4 (75.7%)
21	<b>FEDORCZAK Jacek</b>	<b>275</b>		M-OPEN	17		02:10:34	02:55:05	<b>04:08:38.50</b>	<b>04:08:56.90</b>	+01:01:45 (24.8%)	7:11	8.3 (74.8%)
22	<b>KOŻUCH Michał</b>	<b>316</b>	REDLINETEAM	M-OPEN	18	RedLineTeam	02:01:13	02:48:04	<b>04:08:53.30</b>	<b>04:09:13.20</b>	+01:02:02 (24.9%)	7:11	8.3 (74.8%)
23	<b>BORYCKI Łukasz</b>	<b>258</b>	BIEGAJĄCE WŁÓCZYKIJE	M-OPEN	19		02:18:40	03:03:51	<b>04:13:47.20</b>	<b>04:14:06.60</b>	+01:06:55 (26.3%)	7:20	8.2 (73.9%)
24	<b>FURMAŃSKI Kuba</b>	<b>280</b>		M-OPEN	20		02:10:45	02:56:32	<b>04:18:57.25</b>	<b>04:19:20.05</b>	+01:12:09 (27.8%)	7:29	8 (72.1%)
25	<b>PRUTA Rafał</b>	<b>353</b>	FATBOYS SPRINT	M-OPEN	21		02:15:00	03:00:54	<b>04:19:30.75</b>	<b>04:19:39.50</b>	+01:12:28 (27.9%)	7:30	8 (72.1%)
26	<b>KOCIK Marcin</b>	<b>309</b>	FATBOY SPRINT	M-OPEN	22		02:15:37	03:03:49	<b>04:20:54.15</b>	<b>04:21:02.85</b>	+01:13:51 (28.3%)	7:32	8 (72.1%)
27	<b>MARSZAŁEK Kamil</b>	<b>334</b>	KBKW	M-OPEN	23		02:14:54	03:01:11	<b>04:20:58.05</b>	<b>04:21:04.05</b>	+01:13:53 (28.3%)	7:32	8 (72.1%)
28	<b>IMIOŁEK Dominik</b>	<b>296</b>		M-OPEN	24		02:29:09	03:12:19	<b>04:20:40.25</b>	<b>04:21:29.45</b>	+01:14:18 (28.4%)	7:32	8 (72.1%)
29	<b>SZARANIEC Sebastian</b>	<b>371</b>	MCBIEGACZE / TRAIL IS OUR WAY TEAM	M-OPEN	25		02:18:20	03:02:05	<b>04:30:35.30</b>	<b>04:30:49.55</b>	+01:23:38 (30.9%)	7:49	7.7 (69.4%)
30	<b>FUKS Szymon</b>	<b>279</b>	MCBIEGACZE	M-OPEN	26		02:18:19	03:06:59	<b>04:30:34.60</b>	<b>04:30:49.75</b>	+01:23:38 (30.9%)	7:49	7.7 (69.4%)
31	<b>MARCINKOWSKA-CHOLEWA Katarzyna</b>	<b>333</b>	GÓRAL Z MAZUR RUNNING TEAM	K-OPEN	5	Góral z Mazur Running Team	02:28:37	03:14:27	<b>04:35:55.80</b>	<b>04:36:00.70</b>	+01:28:49 (32.2%)	7:58	7.5 (67.6%)
32	<b>GRADKOWSKA Gosia</b>	<b>286</b>	PODKOWIAŃSKIE TOWARZYSTWO BIEGOWE	K-OPEN	6		02:20:27	03:10:33	<b>04:39:24.75</b>	<b>04:39:50.00</b>	+01:32:39 (33.1%)	8:04	7.4 (66.7%)
33	<b>KUŁAKOWSKI Artur</b>	<b>321</b>		M-OPEN	27		02:23:55	03:10:42	<b>04:39:43.20</b>	<b>04:39:54.30</b>	+01:32:43 (33.1%)	8:05	7.4 (66.7%)
34	<b>GORCZYŃSKI Wojciech</b>	<b>285</b>		M-OPEN	28		02:25:26	03:17:03	<b>04:39:14.30</b>	<b>04:40:03.50</b>	+01:32:52 (33.2%)	8:04	7.4 (66.7%)
35	<b>BANACH Mateusz</b>	<b>4</b>		M-OPEN	29		02:18:42	03:08:55	<b>04:40:14.55</b>	<b>04:40:20.75</b>	+01:33:09 (33.2%)	8:05	7.4 (66.7%)
36	<b>HACZ Paweł</b>	<b>291</b>		M-OPEN	30		02:18:13		<b>04:41:42.00</b>	<b>04:41:47.25</b>	+01:34:36 (33.6%)	8:08	7.4 (66.7%)
37	<b>KARPIEL Marcin</b>	<b>305</b>		M-OPEN	31		02:29:09	03:17:08	<b>04:41:01.10</b>	<b>04:41:51.25</b>	+01:34:40 (33.6%)	8:07	7.4 (66.7%)
38	<b>PIETRZAK Maciej</b>	<b>348</b>	POBIEGANY CZŁOWIEK	M-OPEN	32		02:18:33	03:08:40	<b>04:44:03.05</b>	<b>04:44:14.05</b>	+01:37:03 (34.1%)	8:12	7.3 (65.8%)
39	<b>HAMUDA Jakub</b>	<b>293</b>	CREATIVE BOCHNIA BIEGA TEAM	M-OPEN	33		02:29:20	03:16:45	<b>04:45:49.35</b>	<b>04:46:26.75</b>	+01:39:15 (34.7%)	8:15	7.3 (65.8%)
40	<b>KŁOSOWSKI Rafał</b>	<b>308</b>	RR SWIMRUN	M-OPEN	34		02:29:18	03:16:51	<b>04:46:33.65</b>	<b>04:47:11.85</b>	+01:40:00 (34.8%)	8:16	7.2 (64.9%)
41	<b>FALKOWSKI Piotr</b>	<b>274</b>	KS PEGAZ PIASECZNO	M-OPEN	35		02:35:32	03:24:11	<b>04:48:31.20</b>	<b>04:48:52.95</b>	+01:41:41 (35.2%)	8:20	7.2 (64.9%)
42	<b>RUDZIŃSKI Tomasz</b>	<b>362</b>	KUNA W AGREŚCIE	M-OPEN	36		02:18:33	03:12:00	<b>04:49:25.60</b>	<b>04:49:48.70</b>	+01:42:37 (35.4%)	8:21	7.2 (64.9%)

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			
43	<b>KOZIOŁ Ewa</b>	<b>315</b>	KB-SOBÓTKA	K-OPEN	7	KB Sobótka	02:35:52	03:25:57	<b>04:50:17.15</b>	<b>04:50:25.20</b>	+01:43:14 (35.5%)	8:23	7.2 (64.9%)
44	<b>GINTER Grzegorz</b>	<b>283</b>	AZS COLLEGIUM MEDICUM UJ	M-OPEN	37		02:32:44	03:24:48	<b>04:51:42.00</b>	<b>04:51:47.60</b>	+01:44:36 (35.9%)	8:25	7.1 (64.0%)
45	<b>MALICKI Emil</b>	<b>331</b>	OSTROBIEC	M-OPEN	38		02:26:24	03:18:21	<b>04:50:58.15</b>	<b>04:51:48.30</b>	+01:44:37 (35.9%)	8:24	7.1 (64.0%)
46	<b>PIOTROWICZ Małgorzata</b>	<b>350</b>	INFINITY-GYM	K-OPEN	8		02:39:05	03:29:33	<b>04:51:35.45</b>	<b>04:51:56.95</b>	+01:44:45 (35.9%)	8:25	7.1 (64.0%)
47	<b>SOKÓŁ Sylwia</b>	<b>414</b>		K-OPEN	9		02:35:13	03:28:52	<b>04:52:27.50</b>	<b>04:53:08.95</b>	+01:45:57 (36.1%)	8:27	7.1 (64.0%)
48	<b>WOJTOWICZ Emil</b>	<b>395</b>		M-OPEN	39		02:36:26	03:27:24	<b>04:54:41.00</b>	<b>04:55:03.40</b>	+01:47:52 (36.6%)	8:31	7 (63.1%)
49	<b>NOWAKOWSKI Izidor</b>	<b>339</b>	#ADAMCZERWIŃSKITEAM	M-OPEN	40		02:31:20	03:21:52	<b>04:55:27.90</b>	<b>04:55:38.10</b>	+01:48:27 (36.7%)	8:32	7 (63.1%)
50	<b>MALESA Tomasz</b>	<b>330</b>		M-OPEN	41		02:31:39	03:26:11	<b>04:57:47.65</b>	<b>04:58:11.35</b>	+01:51:00 (37.2%)	8:36	7 (63.1%)
51	<b>MUCHA Miłosz</b>	<b>338</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M-OPEN	42		02:37:28	03:28:15	<b>04:57:57.75</b>	<b>04:58:19.45</b>	+01:51:08 (37.3%)	8:36	7 (63.1%)
52	<b>CUDAK Andrzej</b>	<b>264</b>	ROZBIEGAJMY RADOMSKO	M-OPEN	43	Rozbiegajmy Radomsko	02:29:18	03:21:50	<b>04:59:19.45</b>	<b>05:00:02.45</b>	+01:52:51 (37.6%)	8:39	6.9 (62.2%)
53	<b>BOCHENEK Michał</b>	<b>257</b>	INFINITY-GYM	M-OPEN	44		02:39:07	03:32:02	<b>05:04:16.20</b>	<b>05:04:37.70</b>	+01:57:26 (38.6%)	8:47	6.8 (61.3%)
54	<b>ŚMITKOWSKI Fabian</b>	<b>379</b>	LOS TREPOS COMPANIEROS	M-OPEN	45		02:40:14	03:26:42	<b>05:05:03.95</b>	<b>05:05:36.40</b>	+01:58:25 (38.8%)	8:48	6.8 (61.3%)
55	<b>TUTAJ Krzysztof</b>	<b>383</b>	MILÓWKA TEAM	M-OPEN	46		02:35:49		<b>05:05:24.40</b>	<b>05:05:39.95</b>	+01:58:28 (38.8%)	8:49	6.8 (61.3%)
56	<b>DERLAGA Wojciech</b>	<b>271</b>	MILOWKA TIM	M-OPEN	47		02:35:48	03:28:45	<b>05:05:34.70</b>	<b>05:05:50.45</b>	+01:58:39 (38.8%)	8:49	6.8 (61.3%)
57	<b>MALISZEWSKA Marta</b>	<b>402</b>	KINGRUNNER ULTRA	K-OPEN	10		02:37:11	03:33:08	<b>05:05:54.40</b>	<b>05:06:16.60</b>	+01:59:05 (38.9%)	8:50	6.8 (61.3%)
58	<b>MAJTYKA Tomasz</b>	<b>328</b>	LOS TREPOS COMPANIEROS	M-OPEN	48		02:39:40	03:29:57	<b>05:05:55.55</b>	<b>05:06:29.90</b>	+01:59:18 (38.9%)	8:50	6.8 (61.3%)
59	<b>CHOJNACKI Mikołaj</b>	<b>262</b>	WARSAW RUN CLUB	M-OPEN	49		02:39:50	03:28:58	<b>05:07:29.45</b>	<b>05:07:50.85</b>	+02:00:39 (39.2%)	8:53	6.8 (61.3%)
60	<b>SZABELAK Witold</b>	<b>403</b>	KINGRUNNER ULTRA	M-OPEN	50	Kingrunner Ultra	02:37:10	03:30:42	<b>05:07:35.35</b>	<b>05:07:57.80</b>	+02:00:46 (39.2%)	8:53	6.7 (60.4%)
61	<b>PIĘTA Łukasz</b>	<b>349</b>	INFINITY GYM	M-OPEN	51		02:46:13	03:40:18	<b>05:08:09.95</b>	<b>05:08:30.80</b>	+02:01:19 (39.3%)	8:54	6.7 (60.4%)
62	<b>PIERZCHALSKI Sebastian</b>	<b>346</b>	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	M-OPEN	52	KBKS Radomsko	02:36:11	03:29:49	<b>05:10:22.70</b>	<b>05:10:57.35</b>	+02:03:46 (39.8%)	8:58	6.7 (60.4%)
63	<b>KRÓL Maciej</b>	<b>318</b>		M-OPEN	53		02:48:25	03:40:50	<b>05:11:15.25</b>	<b>05:11:58.35</b>	+02:04:47 (40.0%)	8:59	6.7 (60.4%)
64	<b>SZUBERT-WALENCZAK Magdalena</b>	<b>377</b>	TEAM ZABIEGANEDNI	K-OPEN	11		02:44:42	03:38:14	<b>05:12:51.75</b>	<b>05:13:32.40</b>	+02:06:21 (40.3%)	9:02	6.6 (59.5%)
65	<b>MURAWSKI Michał</b>	<b>407</b>		M-OPEN	54		02:42:57	03:36:55	<b>05:12:58.45</b>	<b>05:13:34.95</b>	+02:06:23 (40.3%)	9:02	6.6 (59.5%)
66	<b>MAZURKIEWICZ Jolanta</b>	<b>336</b>	BYCHAWA RUNNERS	K-OPEN	12		02:55:10	03:46:32	<b>05:13:30.10</b>	<b>05:13:46.35</b>	+02:06:35 (40.3%)	9:03	6.6 (59.5%)
67	<b>CHMIEL Marcin</b>	<b>413</b>		M-OPEN	55		02:34:01	03:28:03	<b>05:13:50.25</b>	<b>05:14:03.70</b>	+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	<b>ŚLAŚKI Bartosz</b>	<b>378</b>	DZIK KOMANDO	M-OPEN	56		02:45:56	03:40:30	<b>05:13:58.80</b>	<b>05:14:14.70</b>	+02:07:03 (40.4%)	9:04	6.6 (59.5%)
69	<b>REDKIEWICZ Agnieszka</b>	<b>358</b>	TEAM ZABIEGANEDNI	K-OPEN	13		02:44:43	03:38:07	<b>05:13:42.60</b>	<b>05:14:22.70</b>	+02:07:11 (40.5%)	9:03	6.6 (59.5%)
70	<b>REPKA Anna</b>	<b>359</b>	LUPUS TEAM	K-OPEN	14		02:42:25	03:43:22	<b>05:17:34.70</b>	<b>05:17:54.90</b>	+02:10:43 (41.1%)	9:10	6.5 (58.6%)
71	<b>GOŁOWICZ Ania</b>	<b>284</b>		K-OPEN	15		02:46:03	03:42:17	<b>05:21:49.85</b>	<b>05:22:47.00</b>	+02:15:36 (42.0%)	9:18	6.5 (58.6%)
72	<b>PRZESMYCKI Krzysztof</b>	<b>406</b>		M-OPEN	57		02:43:01	03:41:11	<b>05:22:39.00</b>	<b>05:23:32.85</b>	+02:16:21 (42.1%)	9:19	6.4 (57.7%)
73	<b>PRYJMA Tomasz</b>	<b>354</b>	FUNEXSPORTS	M-OPEN	58		02:49:17	03:44:59	<b>05:23:11.80</b>	<b>05:23:40.60</b>	+02:16:29 (42.2%)	9:20	6.4 (57.7%)
74	<b>WOJCIESZAK Klaudia</b>	<b>394</b>		K-OPEN	16		02:55:33	03:49:31	<b>05:23:52.75</b>	<b>05:24:02.85</b>	+02:16:51 (42.2%)	9:21	6.4 (57.7%)
75	<b>DRABIK - SŁOMKA Małgorzata</b>	<b>411</b>		K-OPEN	17		02:48:08	03:47:34	<b>05:25:58.80</b>	<b>05:26:08.75</b>	+02:18:57 (42.6%)	9:25	6.4 (57.7%)
76	<b>FALECKI Damian</b>	<b>273</b>	KSZO OSTROWIEC	M-OPEN	59		02:51:26	03:44:43	<b>05:25:24.20</b>	<b>05:26:11.30</b>	+02:19:00 (42.6%)	9:24	6.4 (57.7%)
77	<b>MAKARENKOV Sergii</b>	<b>329</b>		M-OPEN	60		03:00:05	03:56:56	<b>05:26:08.45</b>	<b>05:26:18.65</b>	+02:19:07 (42.6%)	9:25	6.4 (57.7%)
78	<b>HEJDUK Monika</b>	<b>294</b>	UMCS BIEGA	K-OPEN	18		02:53:23	03:51:07	<b>05:26:59.90</b>	<b>05:27:16.70</b>	+02:20:05 (42.8%)	9:27	6.3 (56.8%)
79	<b>ZIELIŃSKA-KOŁACZ Ewelina</b>	<b>398</b>		K-OPEN	19		02:51:16	03:50:19	<b>05:26:39.75</b>	<b>05:27:18.90</b>	+02:20:07 (42.8%)	9:26	6.4 (57.7%)
80	<b>KAMYSZ Robert</b>	<b>303</b>	KW KRAKÓW	M-OPEN	61		02:53:53	03:47:33	<b>05:27:17.80</b>	<b>05:27:40.90</b>	+02:20:29 (42.9%)	9:27	6.3 (56.8%)
81	<b>BRODZIAK Kacper</b>	<b>259</b>	JR TEAM & BRADAS	M-OPEN	62		02:56:46	03:52:19	<b>05:29:00.05</b>	<b>05:29:25.90</b>	+02:22:14 (43.2%)	9:30	6.3 (56.8%)
82	<b>KACZMAREK Łukasz</b>	<b>302</b>	DZIK KOMANDO	M-OPEN	63		02:45:58	03:42:55	<b>05:29:53.00</b>	<b>05:30:06.25</b>	+02:22:55 (43.3%)	9:32	6.3 (56.8%)
83	<b>STANISZEWSKA Joanna</b>	<b>369</b>	SPC	K-OPEN	20	SPC	02:47:52	03:47:52	<b>05:29:49.80</b>	<b>05:30:06.90</b>	+02:22:55 (43.3%)	9:31	6.3 (56.8%)
84	<b>WARDA Michal</b>	<b>386</b>	JR TEAM	M-OPEN	64		02:56:51	03:52:30	<b>05:30:23.15</b>	<b>05:30:48.80</b>	+02:23:37 (43.4%)	9:32	6.3 (56.8%)
85	<b>TOL Monika</b>	<b>380</b>	MAFIA TEAM LUBLINIEC	K-OPEN	21		02:51:40	03:51:30	<b>05:30:43.80</b>	<b>05:31:07.35</b>	+02:23:56 (43.5%)	9:33	6.3 (56.8%)
85	<b>TOL Kamil</b>	<b>381</b>	KUNA W AGREŚCIE	M-OPEN	65		02:51:34	03:51:15	<b>05:30:42.90</b>	<b>05:31:07.35</b>	+02:23:56 (43.5%)	9:33	6.3 (56.8%)
87	<b>SZMYT Barbara</b>	<b>376</b>	KLUB INO STOWARZYSZE	K-OPEN	22		02:57:12	03:49:18	<b>05:30:50.05</b>	<b>05:31:19.75</b>	+02:24:08 (43.5%)	9:33	6.3 (56.8%)
88	<b>PASEK Monika</b>	<b>344</b>	DANIEL WOSIK TERVEL TEAM	K-OPEN	23		03:01:48	03:54:56	<b>05:30:47.90</b>	<b>05:31:21.30</b>	+02:24:10 (43.5%)	9:33	6.3 (56.8%)
89	<b>BUDNY Aleksandra</b>	<b>261</b>	KRAŚNIKBIEGA/NO PAIN NO GAIN	K-OPEN	24		02:59:22	03:59:46	<b>05:31:28.35</b>	<b>05:32:05.35</b>	+02:24:54 (43.6%)	9:34	6.3 (56.8%)
90	<b>KRUSZEWSKI Jacek</b>	<b>319</b>	MARKOWI BIEGACZE	M-OPEN	66		02:53:46		<b>05:32:09.80</b>	<b>05:32:44.10</b>	+02:25:33 (43.7%)	9:35	6.3 (56.8%)
91	<b>SZEWczyk Mariusz</b>	<b>374</b>		M-OPEN	67		02:57:57	03:54:41	<b>05:33:15.25</b>	<b>05:33:50.30</b>	+02:26:39 (43.9%)	9:37	6.2 (55.9%)
92	<b>SOBOTKA Monika</b>	<b>405</b>		K-OPEN	25		03:05:28	03:59:35	<b>05:33:49.05</b>	<b>05:34:09.65</b>	+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	<b>KULER Bartosz</b>	<b>320</b>	PGB SPORTOWA PACZKA	M-OPEN	68		02:38:27	03:35:38	<b>05:33:57.35</b>	<b>05:34:50.30</b>	+02:27:39 (44.1%)	9:39	6.2 (55.9%)
94	<b>PIRÓG Wojciech</b>	<b>351</b>		M-OPEN	69		02:50:32	03:48:48	<b>05:34:37.20</b>	<b>05:35:04.90</b>	+02:27:53 (44.1%)	9:40	6.2 (55.9%)
95	<b>WĘGRZYNEK Mirka</b>	<b>390</b>		K-OPEN	26		03:15:12	04:09:56	<b>05:41:17.45</b>	<b>05:41:44.40</b>	+02:34:33 (45.2%)	9:51	6.1 (55.0%)
96	<b>PUZA Adam</b>	<b>356</b>		M-OPEN	70		02:48:00	03:52:34	<b>05:42:00.65</b>	<b>05:42:16.60</b>	+02:35:05 (45.3%)	9:53	6.1 (55.0%)
97	<b>ŁABĘCKA Agata</b>	<b>326</b>	KLUB BIEGACZA RTV EURO AGD	K-OPEN	27		03:06:30	04:03:45	<b>05:42:03.55</b>	<b>05:42:58.05</b>	+02:35:47 (45.4%)	9:53	6.1 (55.0%)
98	<b>PUDŁO Sebastian</b>	<b>355</b>	OSTROBIEC	M-OPEN	71	OstroBiec	03:00:35	03:58:58	<b>05:42:29.20</b>	<b>05:43:17.10</b>	+02:36:06 (45.5%)	9:53	6.1 (55.0%)
99	<b>CYLKE Marcin</b>	<b>266</b>		M-OPEN	72		02:57:20	03:58:15	<b>05:43:16.55</b>	<b>05:43:29.55</b>	+02:36:18 (45.5%)	9:55	6 (54.1%)
100	<b>TUSIŃSKI Seweryn</b>	<b>382</b>	OSTROBIEC	M-OPEN	73		02:58:47	03:28:25	<b>05:45:24.00</b>	<b>05:46:04.35</b>	+02:38:53 (45.9%)	9:58	6 (54.1%)
101	<b>KOZDRÓJ Marcin</b>	<b>313</b>		M-OPEN	74		03:07:46	04:05:41	<b>05:46:39.40</b>	<b>05:47:23.10</b>	+02:40:12 (46.1%)	10:01	6 (54.1%)
102	<b>KOZDRÓJ Wioletta</b>	<b>314</b>	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	28		03:07:43	04:05:24	<b>05:46:39.25</b>	<b>05:47:23.40</b>	+02:40:12 (46.1%)	10:01	6 (54.1%)
103	<b>OSYDA Maciej</b>	<b>341</b>	HTF LUDWIK SIKORSKI	M-OPEN	75		03:07:37	04:04:17	<b>05:49:29.25</b>	<b>05:50:04.45</b>	+02:42:53 (46.5%)	10:06	5.9 (53.2%)
104	<b>KACZMAREK Aleksandra</b>	<b>301</b>	KACZMAREK TEAM	K-OPEN	29		03:15:55	04:15:08	<b>05:51:41.05</b>	<b>05:52:00.60</b>	+02:44:49 (46.8%)	10:09	5.9 (53.2%)
105	<b>PAPIERNIK Aneta</b>	<b>342</b>	MARKOWI BIEGACZE	K-OPEN	30	Markowi Biegacze	02:58:02	04:11:12	<b>05:53:34.05</b>	<b>05:53:47.50</b>	+02:46:36 (47.1%)	10:13	5.9 (53.2%)
106	<b>MRZYGLÓDZKI Grzegorz</b>	<b>337</b>		M-OPEN	76		03:02:30	04:07:15	<b>05:53:51.30</b>	<b>05:54:24.40</b>	+02:47:13 (47.2%)	10:13	5.9 (53.2%)
107	<b>KIJOWSKA Aldona</b>	<b>307</b>	MARKOWI BIEGACZE	K-OPEN	31	Markowi Biegacze	03:08:47	04:15:11	<b>05:56:48.75</b>	<b>05:57:00.15</b>	+02:49:49 (47.6%)	10:18	5.8 (52.3%)
108	<b>WASIK Marta</b>	<b>387</b>	EDC RUNNERS	K-OPEN	32		03:10:12	04:04:21	<b>05:56:42.15</b>	<b>05:57:24.00</b>	+02:50:13 (47.6%)	10:18	5.8 (52.3%)
108	<b>WASIK Michał</b>	<b>388</b>		M-OPEN	77		03:10:15	04:07:03	<b>05:56:41.50</b>	<b>05:57:24.00</b>	+02:50:13 (47.6%)	10:18	5.8 (52.3%)
110	<b>JAROCH Michał</b>	<b>299</b>	MARKOWI BIEGACZE	M-OPEN	78	Markowi Biegacze	02:58:02	04:11:19	<b>05:59:28.20</b>	<b>05:59:42.55</b>	+02:52:31 (48.0%)	10:23	5.8 (52.3%)
111	<b>CHUCHAŁA Paweł</b>	<b>263</b>	MARKOWI BIEGACZE	M-OPEN	79	Markowi Biegacze	02:22:51	03:11:14	<b>05:59:28.15</b>	<b>05:59:42.80</b>	+02:52:31 (48.0%)	10:23	5.8 (52.3%)
112	<b>SZEJKA Katarzyna</b>	<b>373</b>		K-OPEN	33		03:06:29	04:03:52	<b>06:02:49.10</b>	<b>06:03:44.00</b>	+02:56:33 (48.5%)	10:29	5.7 (51.4%)
113	<b>KORZENIOWSKA Małgorzata</b>	<b>311</b>	METLIFE RUN	K-OPEN	34		03:06:28	04:03:42	<b>06:02:50.00</b>	<b>06:03:44.55</b>	+02:56:33 (48.5%)	10:29	5.7 (51.4%)
114	<b>BRZOZOWSKA Katarzyna</b>	<b>260</b>		K-OPEN	35	Markowi Biegacze	03:20:10	04:24:34	<b>06:04:26.35</b>	<b>06:04:37.00</b>	+02:57:26 (48.7%)	10:31	5.7 (51.4%)
115	<b>ŻAK Oliwia</b>	<b>399</b>		K-OPEN	36	Markowi Biegacze	03:20:10	04:24:38	<b>06:04:26.65</b>	<b>06:04:37.45</b>	+02:57:26 (48.7%)	10:31	5.7 (51.4%)
116	<b>APANOWICZ Angelika</b>	<b>252</b>	EKOBIEGI	K-OPEN	37		03:17:14	04:22:10	<b>06:06:07.75</b>	<b>06:06:12.90</b>	+02:59:01 (48.9%)	10:34	5.7 (51.4%)
117	<b>LITKOWICZ Adrian</b>	<b>324</b>	EKOBIEGI	M-OPEN	80		03:17:08	04:22:14	<b>06:06:06.95</b>	<b>06:06:13.85</b>	+02:59:02 (48.9%)	10:34	5.7 (51.4%)

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			
118	<b>CZEKA Robert</b>	<b>267</b>		M-OPEN	81		03:08:33	03:56:48	<b>06:06:08.65</b>	<b>06:06:54.20</b>	+02:59:43 (49.0%)	10:34	5.7 (51.4%)
119	<b>CZEKA Rudolf</b>	<b>268</b>		M-OPEN	82		03:08:33	04:05:01	<b>06:06:09.85</b>	<b>06:06:54.80</b>	+02:59:43 (49.0%)	10:34	5.7 (51.4%)
120	<b>KWIATKOWSKI Jacek</b>	<b>412</b>	CM UJ MASTERS	M-OPEN	83		02:51:58	03:44:38	<b>06:06:51.40</b>	<b>06:07:30.30</b>	+03:00:19 (49.1%)	10:36	5.7 (51.4%)
121	<b>OLSZEWSKA Paulina</b>	<b>340</b>	JR TEAM	K-OPEN	38		03:18:04	04:18:44	<b>06:08:27.15</b>	<b>06:08:54.80</b>	+03:01:43 (49.3%)	10:38	5.6 (50.5%)
121	<b>JARECKA Katarzyna</b>	<b>298</b>	JR TEAM	K-OPEN	38		03:18:01	04:18:50	<b>06:08:27.85</b>	<b>06:08:54.80</b>	+03:01:43 (49.3%)	10:38	5.6 (50.5%)
123	<b>KARWACKI Rafał</b>	<b>306</b>	JR TEAM	M-OPEN	84		03:18:03	04:19:03	<b>06:08:29.55</b>	<b>06:08:55.20</b>	+03:01:44 (49.3%)	10:38	5.6 (50.5%)
124	<b>BEDNAREK Michał</b>	<b>254</b>	CROSSELITE	M-OPEN	85		03:15:54	04:15:26	<b>06:09:00.15</b>	<b>06:09:18.95</b>	+03:02:07 (49.3%)	10:39	5.6 (50.5%)
125	<b>PŁANETA Adam</b>	<b>352</b>		M-OPEN	86		03:09:11	04:11:49	<b>06:11:09.25</b>	<b>06:11:42.75</b>	+03:04:31 (49.6%)	10:43	5.6 (50.5%)
126	<b>TYMBOROWSKA -WIEDRO Małgorzata</b>	<b>401</b>		K-OPEN	40		03:24:09	04:31:28	<b>06:13:34.70</b>	<b>06:14:13.10</b>	+03:07:02 (50.0%)	10:47	5.6 (50.5%)
127	<b>ALBIGOWSKA POZYTYWNIEMIE_ROZBIEGANA Magdalena</b>	<b>251</b>		K-OPEN	41		03:15:42	04:24:12	<b>06:15:09.85</b>	<b>06:15:30.35</b>	+03:08:19 (50.2%)	10:50	5.5 (49.5%)
128	<b>BEDNARSKI Paweł</b>	<b>255</b>		M-OPEN	87		03:17:54	04:22:29	<b>06:15:12.30</b>	<b>06:16:00.80</b>	+03:08:49 (50.2%)	10:50	5.5 (49.5%)
129	<b>WAŃDOCH Piotr</b>	<b>385</b>		M-OPEN	88		03:18:20	04:22:36	<b>06:15:13.55</b>	<b>06:16:01.20</b>	+03:08:50 (50.2%)	10:50	5.5 (49.5%)
130	<b>SIEDLACZEK Zbigniew</b>	<b>366</b>		M-OPEN	89		03:09:06	04:20:55	<b>06:15:45.95</b>	<b>06:16:25.70</b>	+03:09:14 (50.3%)	10:51	5.5 (49.5%)
131	<b>HRYCIUK Katarzyna</b>	<b>295</b>	EKOBIEGI	K-OPEN	42		03:24:50	04:27:58	<b>06:22:27.85</b>	<b>06:22:35.35</b>	+03:15:24 (51.1%)	11:03	5.4 (48.6%)
132	<b>RACZYC Dariusz</b>	<b>357</b>		M-OPEN	90		03:07:48	04:10:29	<b>06:23:57.25</b>	<b>06:24:43.10</b>	+03:17:32 (51.3%)	11:05	5.4 (48.6%)
133	<b>WIERCHOŁA Joanna</b>	<b>392</b>		K-OPEN	43		03:25:28	04:35:01	<b>06:28:53.75</b>	<b>06:29:32.75</b>	+03:22:21 (51.9%)	11:14	5.3 (47.7%)
134	<b>ŁĄCKA Ilona</b>	<b>327</b>	EKOBIEGI	K-OPEN	44		03:24:53	04:33:50	<b>06:29:31.10</b>	<b>06:29:37.10</b>	+03:22:26 (52.0%)	11:15	5.3 (47.7%)
135	<b>IWANIEC Ewa</b>	<b>297</b>		K-OPEN	45		03:35:04	04:44:19	<b>06:30:17.45</b>	<b>06:31:12.00</b>	+03:24:01 (52.2%)	11:16	5.3 (47.7%)
136	<b>KOWALCZYK Katarzyna</b>	<b>312</b>		K-OPEN	46		03:29:25	04:45:41	<b>06:38:25.00</b>	<b>06:39:05.85</b>	+03:31:54 (53.1%)	11:30	5.2 (46.8%)
136	<b>RYTYCH Grzegorz</b>	<b>364</b>		M-OPEN	91		03:29:23	04:45:08	<b>06:38:24.50</b>	<b>06:39:05.85</b>	+03:31:54 (53.1%)	11:30	5.2 (46.8%)
138	<b>URBAŃCZYK Marcin</b>	<b>384</b>		M-OPEN	92		03:25:26	04:44:14	<b>06:41:45.55</b>	<b>06:42:29.45</b>	+03:35:18 (53.5%)	11:36	5.2 (46.8%)
139	<b>LITYŃSKA Małgorzata</b>	<b>325</b>	TEAM ZABIEGANEDNI	K-OPEN	47		03:44:01	04:59:32	<b>06:53:01.85</b>	<b>06:53:34.25</b>	+03:46:23 (54.7%)	11:56	5 (45.0%)
140	<b>SAMOĆ Barbara</b>	<b>365</b>	TEAM ZABIEGANEDNI	K-OPEN	48		03:43:43	04:59:27	<b>06:52:44.00</b>	<b>06:53:34.90</b>	+03:46:23 (54.7%)	11:55	5 (45.0%)
141	<b>RUDNICKA Agata</b>	<b>361</b>		K-OPEN	49		03:34:51	04:49:18	<b>06:56:03.35</b>	<b>06:56:58.75</b>	+03:49:47 (55.1%)	12:01	5 (45.0%)
142	<b>HABIERA Robert</b>	<b>290</b>		M-OPEN	93		03:34:49	04:49:06	<b>06:56:03.00</b>	<b>06:56:58.95</b>	+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	<b>KOZAK Beata</b>	<b>415</b>	WYBIEGAJ SIEBIE	K-OPEN	50		03:53:57	05:15:19	<b>07:28:00.25</b>	<b>07:28:07.40</b>	+04:20:56 (58.2%)	12:56	4.6 (41.4%)
144	<b>SKRONSKA Monika</b>	<b>408</b>	WYBIEGAJ SIEBIE	K-OPEN	51		03:53:56	05:15:33	<b>07:28:00.55</b>	<b>07:28:07.45</b>	+04:20:56 (58.2%)	12:56	4.6 (41.4%)
145	<b>FRYŚ-RZEZAK Justyna</b>	<b>278</b>	WYBIEGAJ SIEBIE	K-OPEN	52	Wybiegaj Siebie	03:53:57	05:15:48	<b>07:28:00.65</b>	<b>07:28:07.50</b>	+04:20:56 (58.2%)	12:56	4.6 (41.4%)
146	<b>GRZEŚKOWIAK Marek</b>	<b>289</b>		M-OPEN	94		03:49:57	05:11:01	<b>07:38:06.65</b>	<b>07:38:51.35</b>	+04:31:40 (59.2%)	13:14	4.5 (40.5%)
147	<b>KALIŚ Artur</b>	<b>64</b>	ULTRATATA	M-OPEN	95		04:00:43	05:21:50	<b>08:08:33.75</b>	<b>08:09:03.70</b>	+05:01:52 (61.7%)	14:07	4.2 (37.8%)
148	<b>KORNIŁOW Agnieszka</b>	<b>409</b>		K-OPEN	53		04:13:47	05:52:25	<b>08:32:40.35</b>	<b>08:33:05.25</b>	+05:25:54 (63.5%)	14:49	4 (36.0%)
148	<b>KORNIŁOW Piotr</b>	<b>410</b>		M-OPEN	96		04:13:46	05:52:14	<b>08:32:40.80</b>	<b>08:33:05.25</b>	+05:25:54 (63.5%)	14:49	4 (36.0%)
	<b>TABIS-HUBKA Rafal</b>	<b>185</b>	RESHAPERUNNERS	M-OPEN			02:17:00 DNF	03:10:13 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KRAWCZUK Mateusz</b>	<b>317</b>		M-OPEN		Opole	02:34:37 DNF	03:25:24 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RYMARZ Robert</b>	<b>363</b>		M-OPEN			DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 152 wynik(ów)