



34KM ZIMNY WDŻAR - GUT WINTER

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Gorce Ultra-Trail - Winter
Fundacja Run Vegan
2023-02-25
Ochoznica Górna
34.6 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 20km	Lubań 24km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
1	ZBOZIEN Jarosław	172	ALPIN SPORT TEAM	M-OPEN	1		02:08:39	02:47:50	03:46:16.45	03:46:16.45		6:32	9.2 (100%)
2	DUDZIK Łukasz	111		M-OPEN	2		02:08:20	02:48:02	03:48:02.70	03:48:02.70	+00:01:46 (0.8%)	6:35	9.1 (98.9%)
3	GRUND Marek	116	MAFIA TEAM LUBLINIEC	M-OPEN	3		02:13:11	02:56:38	03:58:42.35	03:58:42.35	+00:12:25 (5.2%)	6:53	8.7 (94.6%)
4	FLOREK Sebastian	114		M-OPEN	4		02:15:19	02:56:47	04:00:07.80	04:00:07.80	+00:13:51 (5.8%)	6:56	8.6 (93.5%)
5	BANIAK Marcin	102	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	M-OPEN	5	TRAIL RUN Kraków	02:14:35	02:56:40	04:02:46.15	04:02:46.15	+00:16:29 (6.8%)	7:00	8.6 (93.5%)
6	MAZUR Paweł	133	PROJEKT1000UP	M-OPEN	6	Projekt1000UP	02:17:22	03:00:04	04:07:38.25	04:07:38.25	+00:21:21 (8.6%)	7:09	8.4 (91.3%)
7	CIOCH Cezary	109	KALLIPSO RUNNERS TEAM	M-OPEN	7		02:15:53	03:03:11	04:07:49.65	04:07:49.65	+00:21:33 (8.7%)	7:09	8.4 (91.3%)
8	ŁOZA Mateusz	130	ZWIEDZANIE PRZEZ BIEGANIE	M-OPEN	8		02:20:19	03:04:33	04:08:34.35	04:08:34.35	+00:22:17 (9.0%)	7:11	8.4 (91.3%)
9	PAŁKA Mariusz	141	KB PARANTELA	M-OPEN	9	KB Parantela	02:23:30	03:11:01	04:22:37.05	04:22:37.05	+00:36:20 (13.8%)	7:35	7.9 (85.9%)
10	CIEPIELA Patryk	108	NOWA HUTA TEAM	M-OPEN	10	Nowa Huta TEAM	02:17:20	03:05:39	04:24:20.95	04:24:20.95	+00:38:04 (14.4%)	7:38	7.9 (85.9%)
11	BAROS Daniel	103	KB FALSTART RUDNIKI	M-OPEN	11		02:29:03	03:14:30	04:24:31.75	04:24:31.75	+00:38:15 (14.5%)	7:38	7.8 (84.8%)
12	SENDEK Sylwia	150		K-OPEN	1		02:29:40	03:16:16	04:25:37.65	04:25:37.65	+00:39:21 (14.8%)	7:40	7.8 (84.8%)
13	KLONOWSKI Jacek	121		M-OPEN	12		02:22:02	03:11:37	04:27:42.30	04:27:42.30	+00:41:25 (15.5%)	7:44	7.8 (84.8%)
14	STACHURSKI Paweł	175		M-OPEN	13		02:29:50		04:35:25.30	04:35:25.30	+00:49:08 (17.8%)	7:57	7.5 (81.5%)
15	ADAMEK Dariusz	100	#ADAMCZERWIŃSKITEAM	M-OPEN	14		02:32:43	03:19:41	04:35:46.55	04:35:46.55	+00:49:30 (17.9%)	7:58	7.5 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdźar 20km	Lubań 24km	Czas netto 34.6km	Czas brutto 34.6km	Różn	Tempo min/km	Tempo km/h
16	WIERZBA Michał	174	RUM KLINY TEAM	M-OPEN	15		02:31:50	03:22:08	04:35:50.80	04:35:50.80	+00:49:34 (18.0%)	7:58	7.5 (81.5%)
17	NIEDŹWIADEK Piotr	136	#ADAMCZERWIŃSKITEAM	M-OPEN	16		02:32:43	03:19:44	04:35:55.20	04:35:55.20	+00:49:38 (18.0%)	7:58	7.5 (81.5%)
18	LEŚNIAK Anna	128	SALT RUNNERS BOCHNIA	K-OPEN	2		02:32:04	03:24:43	04:37:59.35	04:37:59.35	+00:51:42 (18.6%)	8:02	7.5 (81.5%)
19	HAJDA Justyna	117	MAFIA TEAM LUBLINIEC	K-OPEN	3		02:35:13	03:26:29	04:44:16.15	04:44:16.15	+00:57:59 (20.4%)	8:12	7.3 (79.3%)
20	SZEWCZYK Wiesław	159	ŁUKOWICA TO MY.	M-OPEN	17		02:32:55	03:26:22	04:45:41.35	04:45:41.35	+00:59:24 (20.8%)	8:15	7.3 (79.3%)
21	OPAŁKA Damian	139	MYRACE	M-OPEN	18		02:31:55	03:26:57	04:47:59.85	04:47:59.85	+01:01:43 (21.4%)	8:19	7.2 (78.3%)
22	TOKARSKI Tomasz	162	OSTROBIEC	M-OPEN	19	OstroBiec 2	02:43:01	03:32:20	04:48:09.05	04:48:09.05	+01:01:52 (21.5%)	8:19	7.2 (78.3%)
23	WARZECHA Kamil	167	RMT TEAM	M-OPEN	20		02:33:47	03:25:26	04:48:54.85	04:48:54.85	+01:02:38 (21.7%)	8:20	7.2 (78.3%)
24	KUBIAK Marcin	126	KUBIAK	M-OPEN	21		02:36:01	03:28:58	04:50:37.25	04:50:37.25	+01:04:20 (22.1%)	8:23	7.1 (77.2%)
25	KRUPA Roman	247		M-OPEN	22		02:35:21	03:28:49	04:50:48.80	04:50:48.80	+01:04:32 (22.2%)	8:24	7.1 (77.2%)
26	PUDZISZ Piotr	146		M-OPEN	23		02:36:25	03:30:10	04:50:55.25	04:50:55.25	+01:04:38 (22.2%)	8:24	7.1 (77.2%)
27	KOPACZ Katarzyna	123		K-OPEN	4		02:33:53	03:29:49	04:51:57.85	04:51:57.85	+01:05:41 (22.5%)	8:26	7.1 (77.2%)
28	MATUSZ Tadeusz	131		M-OPEN	24		02:35:50	03:30:26	04:55:33.10	04:55:33.10	+01:09:16 (23.4%)	8:32	7 (76.1%)
29	RECLIK Piotr	148		M-OPEN	25		02:40:08	03:32:27	04:56:34.60	04:56:34.60	+01:10:18 (23.7%)	8:34	7 (76.1%)
30	DZIERŻAK Elżbieta	113	WWW.TRENINGFIZJOTERAPIA.PL	K-OPEN	5		02:44:35	03:37:44	04:59:40.60	04:59:40.60	+01:13:24 (24.5%)	8:39	6.9 (75.0%)
31	MOSIO Grzegorz	134		M-OPEN	26		02:39:35	03:34:32	05:01:57.20	05:01:57.20	+01:15:40 (25.1%)	8:43	6.9 (75.0%)
32	BARTYKOWSKA Marta	104		K-OPEN	6		02:45:52	03:45:02	05:09:22.45	05:09:22.45	+01:23:06 (26.9%)	8:56	6.7 (72.8%)
33	SOBCZAK Magdalena	152	WIELISZEW HERON TEAM	K-OPEN	7		02:45:52	03:44:48	05:10:00.60	05:10:00.60	+01:23:44 (27.0%)	8:57	6.7 (72.8%)
34	MUSIAŁ Ewelina	135		K-OPEN	8		02:46:13	03:44:44	05:12:50.10	05:12:50.10	+01:26:33 (27.7%)	9:02	6.6 (71.7%)
35	PAWELCZYK Krzysztof	142	SOBAS TEAM	M-OPEN	27		02:50:06	03:45:24	05:20:18.40	05:20:18.40	+01:34:01 (29.4%)	9:15	6.5 (70.7%)
36	TOKARZ Marcin	163		M-OPEN	28		02:55:19	03:50:47	05:21:02.00	05:21:02.00	+01:34:45 (29.5%)	9:16	6.5 (70.7%)
37	NOWIŃSKI Jakub	138	ŁÓDŹRUNCREW/JAKOTEAM	M-OPEN	29		02:49:24	03:50:01	05:26:55.95	05:26:55.95	+01:40:39 (30.8%)	9:26	6.4 (69.6%)
38	JĘDZURA Daniel	119		M-OPEN	30		02:43:35	03:37:10	05:28:16.65	05:28:16.65	+01:42:00 (31.1%)	9:29	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Wdżar 20km	Lubań 24km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 34.6km	brutto 34.6km			
39	RECLIK Jacek	147	SMAKI BIEGANIA	M-OPEN	31		02:53:42	03:50:11	05:29:50.90	05:29:50.90	+01:43:34 (31.4%)	9:31	6.3 (68.5%)
40	KOWALCZYK Kazimierz	124	KS MURZASICHLE	M-OPEN	32		02:20:25	03:09:24	05:30:24.65	05:30:24.65	+01:44:08 (31.5%)	9:32	6.3 (68.5%)
41	DZIADURA Damian	112	BIEGAM BO LUBIEŃ	M-OPEN	33		02:55:24	03:54:36	05:32:40.20	05:32:40.20	+01:46:23 (32.0%)	9:36	6.2 (67.4%)
42	SZCZEPANEK Kamil	158		M-OPEN	34		02:55:25	03:54:39	05:32:40.45	05:32:40.45	+01:46:24 (32.0%)	9:36	6.2 (67.4%)
43	WROBLEWSKI Mateusz	171		M-OPEN	35		02:57:35	03:58:05	05:33:15.25	05:33:15.25	+01:46:58 (32.1%)	9:37	6.2 (67.4%)
44	KUCZYŃSKI Grzegorz	127	BIAŁYSTOK BIEGA TEAM	M-OPEN	36		02:59:54	03:57:46	05:41:11.10	05:41:11.10	+01:54:54 (33.7%)	9:51	6.1 (66.3%)
45	PAWELEC Krystyna	143	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	9		03:05:40	04:02:36	05:41:31.40	05:41:31.40	+01:55:14 (33.7%)	9:52	6.1 (66.3%)
46	NOWAK Ewelina	137	SPARTAN TRAINING GROUP TARNÓW	K-OPEN	10		02:56:43	03:57:40	05:41:31.85	05:41:31.85	+01:55:15 (33.7%)	9:52	6.1 (66.3%)
47	UCIŃSKI Grzegorz	166		M-OPEN	37		03:04:25	04:06:30	05:44:53.20	05:44:53.20	+01:58:36 (34.4%)	9:58	6 (65.2%)
48	ŚWIETLIK Paweł	160		M-OPEN	38		03:03:37	04:05:35	05:48:34.30	05:48:34.30	+02:02:17 (35.1%)	10:04	6 (65.2%)
49	MATYSZCZAK Mateusz	132		M-OPEN	39		03:00:15	03:58:14	05:49:22.10	05:49:22.10	+02:03:05 (35.2%)	10:05	5.9 (64.1%)
50	WOJTCZAK Mateusz	170		M-OPEN	40		03:00:04	04:05:33	05:50:41.85	05:50:41.85	+02:04:25 (35.5%)	10:08	5.9 (64.1%)
51	STALOWSKA Jolanta	154	OSTROBIEC	K-OPEN	11	OstroBiec	02:57:12	04:12:49	05:51:51.50	05:51:51.50	+02:05:35 (35.7%)	10:10	5.9 (64.1%)
52	STALOWSKI Paweł	155	OSTROBIEC	M-OPEN	41		02:57:13	04:01:18	05:54:53.10	05:54:53.10	+02:08:36 (36.2%)	10:15	5.8 (63.0%)
53	BUDZIASZEK Agnieszka	106	EFFI RUN TEAM	K-OPEN	12		03:05:04	04:06:33	06:00:25.10	06:00:25.10	+02:14:08 (37.2%)	10:25	5.8 (63.0%)
54	PUDŁO Sebastian	145	OSTROBIEC	M-OPEN	42	OstroBiec 2	03:11:31		06:04:40.80	06:04:40.80	+02:18:24 (38.0%)	10:32	5.7 (62.0%)
55	SKOCZEK Tomasz	151		M-OPEN	43		03:10:16		06:07:35.70	06:07:35.70	+02:21:19 (38.4%)	10:37	5.6 (60.9%)
56	WNUK Przemysław	169	KALINA FOREVER	M-OPEN	44		03:29:09	04:29:37	06:08:06.75	06:08:06.75	+02:21:50 (38.5%)	10:38	5.6 (60.9%)
57	BUKOWIEC Justyna	107	KKM KALORYFER	K-OPEN	13		03:15:00		06:12:19.50	06:12:19.50	+02:26:03 (39.2%)	10:45	5.6 (60.9%)
58	TADLA Izabela	161	#NOLIMITS	K-OPEN	14		03:10:12		06:15:35.15	06:15:35.15	+02:29:18 (39.8%)	10:51	5.5 (59.8%)
59	PATEREK Ada	173	12TRI.PL	K-OPEN	15		03:15:05	04:26:02	06:19:49.55	06:19:49.55	+02:33:33 (40.4%)	10:58	5.5 (59.8%)
60	TRYCH Dorota	164		K-OPEN	16	MoKato FalUsy	03:23:22	04:32:29	06:26:11.20	06:26:11.20	+02:39:54 (41.4%)	11:09	5.4 (58.7%)
61	WARZOCHA Paweł	168	NIECHBIEGA	M-OPEN	45		03:28:23	04:27:13	06:26:36.15	06:26:36.15	+02:40:19 (41.5%)	11:10	5.4 (58.7%)

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62	DABROWSKI Dariusz	110	KALINA FOREVER	M-OPEN	46		03:29:09	04:38:33	06:35:40.05	06:35:40.05	+02:49:23 (42.8%)	11:26	5.2 (56.5%)
63	TUSIŃSKI Seweryn	165	OSTROBIEC	M-OPEN	47		03:23:11	04:35:37	06:36:36.90	06:36:36.90	+02:50:20 (42.9%)	11:27	5.2 (56.5%)
64	BOGUSZ Tomasz	105	PROGRAMISTA W RUCHU	M-OPEN	48		03:29:08	04:44:46	06:39:39.10	06:39:39.10	+02:53:22 (43.4%)	11:33	5.2 (56.5%)
65	STERNIK Daniel	156		M-OPEN	49		03:19:10	04:40:21	07:04:35.35	07:04:35.35	+03:18:18 (46.7%)	12:16	4.9 (53.3%)
66	KIERUS Łukasz	120	BIAŁYSTOK BIEGA TEAM	M-OPEN	50		03:32:55	04:43:49	07:13:04.45	07:13:04.45	+03:26:48 (47.8%)	12:30	4.8 (52.2%)
	GARUS Łukasz	115		M-OPEN			02:36:56 DNF	03:25:32 DNF	DNF	DNF	-	-	- (0.0%)
	LIŚKIEWICZ Hubert	129	MY ENDURANCE COACHING	M-OPEN			02:38:29 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 68 wynik(ów)