



# 42KM ŚNIEŻNE WYZWANIE - GUT WINTER

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

**B4SPORT**  
INTELIĞENTNE 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	<b>ŚCIESZKA Wojciech</b>	<b>1</b>	13 ELT KRAKÓW-BALICE	M-OPEN	1		00:02:29	01:48:39	02:30:24	03:05:10	<b>04:56:42.35</b>	<b>04:59:11.50</b>		7:43	7.8 (100%)
2	<b>LILLA Piotr</b>	<b>11</b>	KLUB BIEGACZA FARTLEK, KLUB WYSOKOGÓRSKI JASTRZĘBIE - ZDRÓJ	M-OPEN	2		00:04:14	01:50:02	02:30:34	03:03:26	<b>04:58:25.50</b>	<b>05:02:39.60</b>	+00:01:43 (0.6%)	7:46	7.7 (98.7%)
3	<b>STRUMNIK Sebastian</b>	<b>148</b>	ACTIVE RUN NOWY DWÓR MAZOWIECKI	M-OPEN	3		00:06:02	01:48:40	02:28:52	03:01:38	<b>04:58:41.15</b>	<b>05:04:43.65</b>	+00:01:58 (0.7%)	7:46	7.7 (98.7%)
4	<b>LASOCKI Marcin</b>	<b>19</b>	12TRI.PL / TEAM ZABIEGANEDNI	M-OPEN	4		00:02:50	01:48:16	02:30:59	03:07:39	<b>05:05:32.60</b>	<b>05:08:23.55</b>	+00:08:50 (2.9%)	7:57	7.5 (96.2%)
5	<b>FLĄDRO Daniel</b>	<b>10</b>		M-OPEN	5		00:03:16	01:51:03	02:34:24	03:12:02	<b>05:09:55.90</b>	<b>05:13:12.65</b>	+00:13:13 (4.3%)	8:04	7.4 (94.9%)
6	<b>ZAKARYAN Armen</b>	<b>18</b>		M-OPEN	6		00:30:10	01:47:23	02:31:00	03:16:41	<b>05:12:32.20</b>	<b>05:42:42.50</b>	+00:15:49 (5.1%)	8:08	7.4 (94.9%)
7	<b>BEREZNOWSKA Patrycja</b>	<b>4</b>	WIELISZEW HERON TEAM HOKA	K-OPEN	1		00:02:32	01:53:02	02:36:37	03:17:19	<b>05:16:27.40</b>	<b>05:19:00.30</b>	+00:19:45 (6.2%)	8:14	7.3 (93.6%)
8	<b>BARNOWSKI Przemysław</b>	<b>8</b>	FORZA TEAM ACTIV	M-OPEN	7		00:02:26	01:53:43	02:38:18	03:16:06	<b>05:17:09.45</b>	<b>05:19:36.35</b>	+00:20:27 (6.4%)	8:15	7.3 (93.6%)
9	<b>SIWIECKI Tomasz</b>	<b>6</b>	MUAY RUNNING TEAM	M-OPEN	8		00:02:36	01:58:30	02:43:38	03:22:12	<b>05:17:57.90</b>	<b>05:20:34.75</b>	+00:21:15 (6.7%)	8:16	7.2 (92.3%)
10	<b>PŁOSKONKA Jakub</b>	<b>17</b>		M-OPEN	9		00:02:37	02:00:10	02:43:48	03:23:54	<b>05:18:17.65</b>	<b>05:20:55.15</b>	+00:21:35 (6.8%)	8:17	7.2 (92.3%)
11	<b>TWARDOWSKI Tomasz</b>	<b>13</b>		M-OPEN	10		00:02:42	01:53:01	02:38:18	03:16:01	<b>05:18:45.80</b>	<b>05:21:28.65</b>	+00:22:03 (6.9%)	8:18	7.2 (92.3%)
12	<b>MARKIEWICZ Agnieszka</b>	<b>7</b>	PRORUNNING PROMOTION	K-OPEN	2		00:02:35	01:59:32	02:44:53	03:24:09	<b>05:22:30.60</b>	<b>05:25:06.10</b>	+00:25:48 (8.0%)	8:23	7.1 (91.0%)
13	<b>TOKARSKI Szymon</b>	<b>36</b>		M-OPEN	11		00:02:45	01:51:55	02:34:34	03:15:21	<b>05:23:59.50</b>	<b>05:26:44.85</b>	+00:27:17 (8.4%)	8:26	7.1 (91.0%)
14	<b>KALIN Władysław</b>	<b>12</b>		M-OPEN	12		00:02:41	02:03:00	02:48:36	03:27:20	<b>05:25:11.85</b>	<b>05:27:52.85</b>	+00:28:29 (8.8%)	8:28	7.1 (91.0%)
15	<b>MAJOREK Krzysztof</b>	<b>83</b>		M-OPEN	13		00:20:07	01:55:03	02:40:43	03:18:59	<b>05:25:50.35</b>	<b>05:45:58.00</b>	+00:29:08 (8.9%)	8:29	7.1 (91.0%)
16	<b>ZABRZEWSKI Patryk</b>	<b>32</b>		M-OPEN	14		00:04:15	01:58:26	02:45:45	03:25:43	<b>05:26:19.60</b>	<b>05:30:35.35</b>	+00:29:37 (9.1%)	8:29	7.1 (91.0%)
17	<b>CHOWANIEC Sebastian</b>	<b>21</b>	ROMET FACTORY TEAM	M-OPEN	15		00:05:57	01:59:28	02:43:28	03:28:21	<b>05:27:27.95</b>	<b>05:33:25.50</b>	+00:30:45 (9.4%)	8:31	7 (89.7%)
18	<b>KRAWCZYK Karol</b>	<b>23</b>	LENIWY INACZEJ	M-OPEN	16		00:15:47	01:53:25	02:43:46	03:21:40	<b>05:28:06.20</b>	<b>05:43:54.15</b>	+00:31:23 (9.6%)	8:32	7 (89.7%)
19	<b>KOSECKI Krzysztof</b>	<b>25</b>	NSZZ FSG	M-OPEN	17		00:07:26	02:00:20	02:46:24	03:26:59	<b>05:30:24.85</b>	<b>05:37:51.05</b>	+00:33:42 (10.2%)	8:36	7 (89.7%)
20	<b>MARSZAŁKOWSKI Łukasz</b>	<b>35</b>	GET ACTIVE	M-OPEN	18		00:02:43	02:01:24	02:48:36	03:28:35	<b>05:32:42.40</b>	<b>05:35:26.25</b>	+00:36:00 (10.8%)	8:39	6.9 (88.5%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Czas startu	Wdźar 16km	Lubań 20km	Ochotnica 26km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 38.4km	brutto 38.4km			
48	VISENTIN Eric Visentin	149	NOA	M-OPEN	41		00:04:08	02:07:40	02:55:21	03:41:14	<b>05:56:26.45</b>	<b>06:00:34.70</b>	+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	<b>05:57:57.65</b>	<b>06:00:41.45</b>	+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	<b>06:00:12.55</b>	<b>06:02:46.50</b>	+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	<b>06:00:54.95</b>	<b>06:14:26.55</b>	+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		<b>06:05:14.05</b>	<b>06:49:36.80</b>	+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		<b>06:05:40.25</b>	<b>06:49:36.50</b>	+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	<b>06:06:27.60</b>	<b>06:51:05.65</b>	+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	<b>06:06:46.60</b>	<b>06:36:27.75</b>	+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	<b>06:08:39.20</b>	<b>06:24:21.80</b>	+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	<b>06:08:40.55</b>	<b>06:53:21.90</b>	+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	<b>06:10:07.60</b>	<b>06:20:02.25</b>	+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	<b>06:10:22.25</b>	<b>06:55:08.75</b>	+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	<b>06:10:25.35</b>	<b>06:40:22.50</b>	+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	<b>06:11:17.35</b>	<b>06:16:27.00</b>	+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	<b>06:13:48.40</b>	<b>06:44:59.05</b>	+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	<b>06:18:06.20</b>	<b>06:31:30.05</b>	+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	<b>06:18:38.75</b>	<b>06:32:12.45</b>	+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	<b>06:20:24.35</b>	<b>06:35:20.50</b>	+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	<b>06:21:56.15</b>	<b>07:06:42.65</b>	+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		<b>06:22:24.25</b>	<b>07:00:46.05</b>	+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	<b>06:22:24.25</b>	<b>07:00:46.20</b>	+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	<b>06:25:36.40</b>	<b>06:53:49.75</b>	+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	<b>06:25:36.40</b>	<b>06:53:49.90</b>	+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	<b>06:28:17.50</b>	<b>06:33:27.35</b>	+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	<b>06:28:58.90</b>	<b>06:43:51.20</b>	+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	<b>06:29:00.20</b>	<b>06:32:03.80</b>	+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	<b>06:29:12.05</b>	<b>07:13:54.55</b>	+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	<b>06:29:26.15</b>	<b>06:48:06.75</b>	+01:32:43 (23.8%)	10:08	5.9 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Czas startu	Wdźar 16km	Lubań 20km	Ochotnica 26km	Czas		Tempo min/km	Tempo km/h	
											netto 38.4km	brutto 38.4km			Różn
76	<b>BIEL Tomasz</b>	<b>63</b>		M-OPEN	65		00:21:21	02:21:38	03:12:06	04:04:20	<b>06:29:27.95</b>	<b>06:50:48.95</b>	+01:32:45 (23.8%)	10:08	5.9 (75.6%)
77	<b>GINTER Grzegorz</b>	<b>82</b>	AZS COLLEGIUM MEDICUM UJ	M-OPEN	66		00:56:37	02:21:07	03:19:17	04:03:57	<b>06:29:30.30</b>	<b>07:26:07.50</b>	+01:32:47 (23.8%)	10:08	5.9 (75.6%)
78	<b>BUDNY Aleksandra</b>	<b>94</b>	KRAŚNIK BIEGA	K-OPEN	12		00:14:54	02:25:01	03:23:06	04:12:37	<b>06:30:14.75</b>	<b>06:45:09.25</b>	+01:33:32 (24.0%)	10:09	5.9 (75.6%)
79	<b>GOLON Marlena</b>	<b>55</b>	GOLON TEAM	K-OPEN	13		00:14:54	02:24:54	03:22:57	04:12:36	<b>06:30:15.25</b>	<b>06:45:09.25</b>	+01:33:32 (24.0%)	10:09	5.9 (75.6%)
80	<b>RATAJCZAK Dariusz</b>	<b>97</b>	HERNIK TEAM	M-OPEN	67		00:23:03	02:23:13	03:17:20	04:09:31	<b>06:30:34.15</b>	<b>06:53:37.25</b>	+01:33:51 (24.0%)	10:10	5.9 (75.6%)
81	<b>PTAK Tomasz</b>	<b>69</b>	KLUB BIEGACZA WARTA	M-OPEN	68		00:06:07	02:26:46	03:17:22	04:13:16	<b>06:30:45.90</b>	<b>06:36:53.30</b>	+01:34:03 (24.1%)	10:10	5.9 (75.6%)
82	<b>BIEL Łukasz</b>	<b>44</b>	VEGAN SUPER TEAM	M-OPEN	69		00:21:21	02:21:31	03:11:54	04:04:24	<b>06:31:10.80</b>	<b>06:52:32.55</b>	+01:34:28 (24.2%)	10:11	5.9 (75.6%)
83	<b>GNOT Katarzyna</b>	<b>85</b>	SPARTANIE DZIECIOM	K-OPEN	14		00:20:58	02:25:39	03:19:29	04:09:49	<b>06:32:20.25</b>	<b>06:53:18.70</b>	+01:35:37 (24.4%)	10:13	5.9 (75.6%)
84	<b>DZIDECZEK Marcin</b>	<b>116</b>	TEAM ZABIEGANEDNI	M-OPEN	70		00:34:31	02:21:31	03:09:29	03:59:44	<b>06:32:32.60</b>	<b>07:07:03.80</b>	+01:35:50 (24.4%)	10:13	5.9 (75.6%)
85	<b>BĘBEN Robert</b>	<b>151</b>	OSTROBIEC	M-OPEN	71		00:32:43	02:19:33	03:12:02	04:09:18	<b>06:32:59.10</b>	<b>07:05:42.35</b>	+01:36:16 (24.5%)	10:14	5.9 (75.6%)
86	<b>SŁOWIK Justyna</b>	<b>108</b>	SŁOWIKI BIEGAJĄ	K-OPEN	15		00:32:44	02:19:37	03:12:51	04:09:22	<b>06:33:01.10</b>	<b>07:05:45.60</b>	+01:36:18 (24.5%)	10:14	5.9 (75.6%)
87	<b>IDZIOR Tomasz</b>	<b>95</b>		M-OPEN	72		00:03:15	02:20:04	03:16:55	04:07:39	<b>06:35:47.90</b>	<b>06:39:03.70</b>	+01:39:05 (25.0%)	10:18	5.8 (74.4%)
88	<b>ROJEK Maciej</b>	<b>81</b>		M-OPEN	73		00:03:11	02:20:22	03:17:21	04:07:49	<b>06:35:55.65</b>	<b>06:39:07.50</b>	+01:39:13 (25.1%)	10:18	5.8 (74.4%)
89	<b>GRALA Maria</b>	<b>92</b>		K-OPEN	16		00:14:46	02:21:44	03:15:02	04:10:00	<b>06:35:58.60</b>	<b>06:50:44.85</b>	+01:39:16 (25.1%)	10:18	5.8 (74.4%)
90	<b>GADOMSKI Darek</b>	<b>141</b>		M-OPEN	74		00:18:57	02:17:44	03:15:45	04:08:51	<b>06:37:00.30</b>	<b>06:55:58.25</b>	+01:40:17 (25.3%)	10:20	5.8 (74.4%)
91	<b>WĘDRYCHOWICZ Grzegorz</b>	<b>60</b>	JASZCZUR RUN 4 FUN	M-OPEN	75		00:08:12	02:19:37	03:13:39	04:09:39	<b>06:37:05.85</b>	<b>06:45:18.50</b>	+01:40:23 (25.3%)	10:20	5.8 (74.4%)
92	<b>GIBAŁA Marcin</b>	<b>64</b>	BIEGAM I POMAGAM	M-OPEN	76		00:05:57	02:21:51	03:17:15	04:12:09	<b>06:38:59.75</b>	<b>06:44:56.80</b>	+01:42:17 (25.6%)	10:23	5.8 (74.4%)
93	<b>KRAUZE Tomasz</b>	<b>30</b>	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M-OPEN	77		00:02:58	02:27:14	03:23:00	04:13:30	<b>06:39:39.90</b>	<b>06:42:38.80</b>	+01:42:57 (25.8%)	10:24	5.8 (74.4%)
94	<b>FLASIŃSKI Michał</b>	<b>99</b>		M-OPEN	78		00:02:45	02:28:09	03:22:26	04:14:25	<b>06:41:24.90</b>	<b>06:44:10.55</b>	+01:44:42 (26.1%)	10:27	5.7 (73.1%)
95	<b>BIĄŁEK Rafał</b>	<b>56</b>		M-OPEN	79		00:15:20	02:23:49	03:20:42	04:10:34	<b>06:41:35.40</b>	<b>06:56:56.15</b>	+01:44:53 (26.1%)	10:27	5.7 (73.1%)
96	<b>PASZKIEWICZ Maciej</b>	<b>71</b>		M-OPEN	80		00:13:47	02:24:48	03:22:57	04:13:59	<b>06:42:23.15</b>	<b>06:56:10.35</b>	+01:45:40 (26.3%)	10:28	5.7 (73.1%)
97	<b>BĘDŹKOWSKI Marek</b>	<b>86</b>	SIWY ULTRA MORS	M-OPEN	81		00:11:03	02:24:27	03:18:41	04:12:35	<b>06:44:06.30</b>	<b>06:55:09.55</b>	+01:47:23 (26.6%)	10:31	5.7 (73.1%)
98	<b>GRAU Joanna</b>	<b>110</b>	KWIDZYN BIEGA	K-OPEN	17		00:13:28	02:27:12	03:25:12	04:22:32	<b>06:46:24.80</b>	<b>06:59:53.00</b>	+01:49:42 (27.0%)	10:35	5.7 (73.1%)
99	<b>BALCERZAK Robert</b>	<b>100</b>	KLUB BIEGACZA WARTA	M-OPEN	82		00:05:36	02:24:37	03:20:41	04:18:50	<b>06:47:45.85</b>	<b>06:53:22.75</b>	+01:51:03 (27.2%)	10:37	5.7 (73.1%)
100	<b>ZAMYŚLEWSKI Krzysztof</b>	<b>103</b>	KWIDZYN BIEGA	M-OPEN	83		00:13:36	02:27:37	03:24:36	04:22:22	<b>06:51:47.35</b>	<b>07:05:24.15</b>	+01:55:05 (27.9%)	10:43	5.6 (71.8%)
101	<b>CZAPLA Arkadiusz</b>	<b>79</b>		M-OPEN	84		00:11:09	02:30:08	03:25:46	04:20:21	<b>06:53:01.30</b>	<b>07:04:10.65</b>	+01:56:18 (28.2%)	10:45	5.6 (71.8%)
102	<b>MARCELA Marcin</b>	<b>72</b>	FAT MAMA'S SPORT CLUB	M-OPEN	85		00:11:07	02:29:23	03:24:24	04:20:26	<b>06:53:01.95</b>	<b>07:04:09.45</b>	+01:56:19 (28.2%)	10:45	5.6 (71.8%)
103	<b>ŁYCZKO Anna</b>	<b>140</b>	STREFA FIT	K-OPEN	18		00:38:22	02:25:15	03:23:16	04:17:15	<b>06:53:15.20</b>	<b>07:31:37.50</b>	+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		Tempo min/km	Tempo km/h	
											netto 38.4km	brutto 38.4km			Różn
104	<b>GĘSIAREK Grzegorz</b>	<b>67</b>		M-OPEN	86		00:16:14	02:28:22	03:23:47	04:21:57	<b>06:59:32.55</b>	<b>07:15:47.45</b>	+02:02:50 (29.3%)	10:55	5.5 (70.5%)
105	<b>GRYZ Jacek</b>	<b>70</b>		M-OPEN	87		00:06:29	02:28:55	03:23:48	04:33:41	<b>07:02:01.10</b>	<b>07:08:30.30</b>	+02:05:18 (29.7%)	10:59	5.5 (70.5%)
106	<b>FALKOWSKI Michał</b>	<b>120</b>	ZA_LINIA_METY	M-OPEN	88		00:42:17	02:27:58	03:33:12	04:24:21	<b>07:02:33.75</b>	<b>07:44:51.70</b>	+02:05:51 (29.8%)	11:00	5.5 (70.5%)
107	<b>KRZYŻIŃSKA Sylwia</b>	<b>115</b>	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	19		00:33:52	02:30:22	03:28:25	04:31:40	<b>07:04:03.00</b>	<b>07:37:55.95</b>	+02:07:20 (30.0%)	11:02	5.4 (69.2%)
108	<b>MICHALEC Marcin</b>	<b>5</b>	KKB MOSIR KROSNO	M-OPEN	89		00:02:41	02:36:50	03:36:33	04:35:17	<b>07:06:06.20</b>	<b>07:08:47.35</b>	+02:09:23 (30.4%)	11:05	5.4 (69.2%)
109	<b>ŁOPATKIEWICZ Beata</b>	<b>101</b>		K-OPEN	20		00:02:40	02:33:30	03:36:55	04:35:26	<b>07:06:07.20</b>	<b>07:08:47.35</b>	+02:09:24 (30.4%)	11:05	5.4 (69.2%)
110	<b>ODWROT Hubert</b>	<b>132</b>	3:33 TEAM	M-OPEN	90		00:17:17	02:36:06	03:30:29	04:32:32	<b>07:08:11.60</b>	<b>07:25:29.30</b>	+02:11:29 (30.7%)	11:09	5.4 (69.2%)
111	<b>BUCHALSKA Ewa</b>	<b>123</b>	EKOBIEGI	K-OPEN	21		00:15:12	02:32:15	03:26:37	04:27:29	<b>07:09:01.00</b>	<b>07:24:13.75</b>	+02:12:18 (30.8%)	11:10	5.4 (69.2%)
112	<b>GRABARCZYK Mateusz</b>	<b>102</b>	RADLINIOKI W BIEGU	M-OPEN	91		00:27:37	02:28:05	03:20:41	04:27:23	<b>07:11:44.00</b>	<b>07:39:21.35</b>	+02:15:01 (31.3%)	11:14	5.3 (67.9%)
113	<b>ZAWADZKI Karol</b>	<b>66</b>	RADLINIOKI W BIEGU	M-OPEN	92		00:27:32	02:28:02	03:19:55	04:27:06	<b>07:11:47.70</b>	<b>07:39:20.30</b>	+02:15:05 (31.3%)	11:14	5.3 (67.9%)
114	<b>WOJCIECHOWSKI Krzysztof</b>	<b>52</b>	RADLINIOKI W BIEGU	M-OPEN	93		00:27:29	02:28:09	03:19:53	04:27:07	<b>07:11:51.35</b>	<b>07:39:21.10</b>	+02:15:09 (31.3%)	11:14	5.3 (67.9%)
115	<b>PUZA Adam</b>	<b>136</b>		M-OPEN	94		00:46:17	02:13:41	03:10:45	04:21:59	<b>07:15:33.50</b>	<b>08:01:51.25</b>	+02:18:51 (31.9%)	11:20	5.3 (67.9%)
116	<b>BISKUP Rafał</b>	<b>114</b>	RUN DZIADU RUN	M-OPEN	95		00:27:51	02:24:13	03:27:48	04:29:17	<b>07:16:20.90</b>	<b>07:44:12.05</b>	+02:19:38 (32.0%)	11:21	5.3 (67.9%)
117	<b>PODLEWSKI Wojciech</b>	<b>130</b>	KS SPORTIVA	M-OPEN	96		00:22:45	02:36:26	03:33:33	04:43:17	<b>07:20:30.80</b>	<b>07:43:16.55</b>	+02:23:48 (32.6%)	11:28	5.2 (66.7%)
118	<b>BLICHARZ Artur</b>	<b>105</b>		M-OPEN	97		00:22:41	02:36:35	03:32:00	04:43:24	<b>07:20:34.55</b>	<b>07:43:15.95</b>	+02:23:52 (32.7%)	11:28	5.2 (66.7%)
119	<b>MIKSA Sławomir</b>	<b>91</b>		M-OPEN	98		01:01:13	02:41:30	03:37:20	04:34:57	<b>07:21:39.80</b>	<b>08:22:53.70</b>	+02:24:57 (32.8%)	11:30	5.2 (66.7%)
120	<b>KALETA Milena</b>	<b>169</b>		K-OPEN	22		00:42:26	02:37:20	03:40:16	04:47:41	<b>07:22:36.10</b>	<b>08:05:03.05</b>	+02:25:53 (33.0%)	11:31	5.2 (66.7%)
121	<b>RASZTABIGA Sylwester</b>	<b>125</b>	JURA PL	M-OPEN	99		00:28:28	02:27:24	03:34:15	04:39:34	<b>07:23:18.40</b>	<b>07:51:47.05</b>	+02:26:36 (33.1%)	11:32	5.2 (66.7%)
122	<b>GOŁĘBIEWSKI Andrzej</b>	<b>57</b>	WOODRUN	M-OPEN	100		00:13:27	02:19:18	03:25:03	04:28:44	<b>07:25:58.00</b>	<b>07:39:25.25</b>	+02:29:15 (33.5%)	11:36	5.2 (66.7%)
123	<b>STĘPIEŃ Katarzyna</b>	<b>134</b>		K-OPEN	23		00:24:54	02:26:16	03:27:22	04:28:59	<b>07:27:04.00</b>	<b>07:51:58.00</b>	+02:30:21 (33.6%)	11:38	5.2 (66.7%)
124	<b>WURMAŃSKI Wiktor</b>	<b>135</b>		M-OPEN	101		00:24:54	02:26:18	03:27:26	04:29:00	<b>07:27:04.15</b>	<b>07:51:58.30</b>	+02:30:21 (33.6%)	11:38	5.2 (66.7%)
125	<b>MATYJASIAK Konrad</b>	<b>111</b>		M-OPEN	102		00:13:38	02:04:40	03:02:57	03:59:30	<b>07:28:00.60</b>	<b>07:41:39.50</b>	+02:31:18 (33.8%)	11:40	5.1 (65.4%)
126	<b>DOMINIAK Sławomir</b>	<b>138</b>		M-OPEN	103		00:21:12	02:36:39	03:34:46	04:42:53	<b>07:32:04.75</b>	<b>07:53:16.95</b>	+02:35:22 (34.4%)	11:46	5.1 (65.4%)
127	<b>DOMINIAK Iwona</b>	<b>137</b>		K-OPEN	24		00:21:11	02:36:38	03:34:38	04:42:58	<b>07:32:10.35</b>	<b>07:53:21.85</b>	+02:35:28 (34.4%)	11:46	5.1 (65.4%)
128	<b>CELIŃSKI Tomasz</b>	<b>147</b>	TUPTUŚ OTWOCK / ESJA TEAM	M-OPEN	104		01:25:35	02:46:47	03:38:34	04:43:38	<b>07:41:56.80</b>	<b>09:07:32.70</b>	+02:45:14 (35.8%)	12:01	5 (64.1%)
129	<b>PYTLARCZYK Piotr</b>	<b>129</b>	KLUB BIEGACZA WARTA	M-OPEN	105		00:05:40	02:38:52	03:43:32	04:56:03	<b>07:45:37.35</b>	<b>07:51:17.95</b>	+02:48:55 (36.3%)	12:07	4.9 (62.8%)
130	<b>ŻABIEREK Tomasz</b>	<b>107</b>		M-OPEN	106		00:41:55	02:35:59	03:41:32	04:59:21	<b>07:59:29.95</b>	<b>08:41:25.65</b>	+03:02:47 (38.1%)	12:29	4.8 (61.5%)
131	<b>DOMAGAŁA Mariusz</b>	<b>113</b>	TUPTUŚOTWOCK	M-OPEN	107		00:56:38	02:43:14	03:45:46	05:01:07	<b>08:00:26.70</b>	<b>08:57:04.80</b>	+03:03:44 (38.2%)	12:30	4.8 (61.5%)

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

Znaleziono 149 wynik(ów)