

# GORCE ULTRA-TRAIL® 12 KM

B4SPORT

**Wydarzenie:** Gorce Ultra-Trail 2019  
**Organizator:** Fundacja Run Vegan - GUT  
**Data:** 2019-08-04  
**Miejsce:** Ochotnica Dolna  
**Dystans:** 12 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorc 3km	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	<b>UZNAŃSKI Piotr</b>	<b>1497</b>	PAMTRANS / EUROCLEAR RUNNING TEAM	M 33-44	1	00:20:35	<b>00:52:32.45</b>	<b>00:52:32.45</b>		4:22	13.7 (100%)
2	<b>GABRYŚ Rafał</b>	<b>1485</b>	LKS GORCE KAMIENICA	M 32	1	00:22:40	<b>00:53:45.55</b>	<b>00:53:45.55</b>	+00:01:13 (2.3%)	4:28	13.4 (97.8%)
3	<b>JAMIŃSKI Adam</b>	<b>1542</b>		M 32	2	00:21:23	<b>00:54:50.05</b>	<b>00:54:50.05</b>	+00:02:17 (4.2%)	4:34	13.1 (95.6%)
4	<b>TOKARCZYK Piotr</b>	<b>1452</b>	BRYGADA BESKIDÓW	M 32	3	00:24:13	<b>00:55:03.55</b>	<b>00:55:03.55</b>	+00:02:31 (4.6%)	4:35	13.1 (95.6%)
5	<b>KOCIOŁEK Witold</b>	<b>910</b>		M 33-44	2	00:24:28	<b>00:56:18.00</b>	<b>00:56:18.00</b>	+00:03:45 (6.7%)	4:41	12.8 (93.4%)
6	<b>CHLIPAŁA Paweł</b>	<b>1438</b>		M 32	4	00:23:43	<b>00:56:37.20</b>	<b>00:56:37.20</b>	+00:04:04 (7.2%)	4:43	12.7 (92.7%)
7	<b>DUDZIK Łukasz</b>	<b>1472</b>	GÓRAL BIEGA	M 33-44	3	00:24:06	<b>00:56:45.10</b>	<b>00:56:45.10</b>	+00:04:12 (7.4%)	4:43	12.7 (92.7%)
8	<b>PACHUT Jerzy</b>	<b>1473</b>	REBEL RUNNERS CLUB	M 32	5	00:23:46	<b>00:57:36.65</b>	<b>00:57:36.65</b>	+00:05:04 (8.8%)	4:48	12.5 (91.2%)
9	<b>PISZCZEK Stanisław</b>	<b>1424</b>		M 33-44	4	00:24:04	<b>00:58:40.95</b>	<b>00:58:40.95</b>	+00:06:08 (10.5%)	4:53	12.3 (89.8%)
10	<b>TARGOSZ Michał</b>	<b>1416</b>	ITMBW KRAKÓW	M 33-44	5	00:23:52	<b>00:59:58.30</b>	<b>00:59:58.30</b>	+00:07:25 (12.4%)	4:59	12 (87.6%)
11	<b>ADAMCZYK Martyna</b>	<b>1488</b>		K 32	1	00:25:07	<b>01:02:15.50</b>	<b>01:02:15.50</b>	+00:09:43 (15.6%)	5:11	11.6 (84.7%)
12	<b>WILK Katarzyna</b>	<b>1521</b>		K 33-44	1	00:25:54	<b>01:03:37.80</b>	<b>01:03:37.80</b>	+00:11:05 (17.4%)	5:18	11.3 (82.5%)
13	<b>SZCZEPANIAK Damian</b>	<b>1474</b>		M 33-44	6	00:27:27	<b>01:04:24.55</b>	<b>01:04:24.55</b>	+00:11:52 (18.4%)	5:22	11.2 (81.8%)
14	<b>CZERWIAK Robert</b>	<b>1459</b>	TRI STAROGARD GDAŃSKI	M 45+	1	00:26:12	<b>01:04:45.15</b>	<b>01:04:45.15</b>	+00:12:12 (18.9%)	5:23	11.1 (81.0%)
15	<b>GÓRZKOWSKI Jacek</b>	<b>1440</b>	BIEGACZE WILGA	M 45+	2	00:26:39	<b>01:05:05.30</b>	<b>01:05:05.30</b>	+00:12:32 (19.3%)	5:25	11.1 (81.0%)
16	<b>KOZIK Adam</b>	<b>1482</b>		M 32	6	00:26:41	<b>01:05:22.10</b>	<b>01:05:22.10</b>	+00:12:49 (19.6%)	5:26	11 (80.3%)
17	<b>BRZEŻNY Jan</b>	<b>911</b>		M 32	7	00:29:05	<b>01:06:43.35</b>	<b>01:06:43.35</b>	+00:14:10 (21.3%)	5:33	10.8 (78.8%)
18	<b>WÓJCIK Piotr</b>	<b>912</b>		M 32	8	00:27:51	<b>01:07:37.20</b>	<b>01:07:37.20</b>	+00:15:04 (22.3%)	5:38	10.6 (77.4%)
19	<b>ANTOS Paweł</b>	<b>752</b>		M 32	9	00:28:24	<b>01:07:44.15</b>	<b>01:07:44.15</b>	+00:15:11 (22.4%)	5:38	10.6 (77.4%)
20	<b>ZDROJEWSKA Alicja</b>	<b>1544</b>	TWDW	K 32	2	00:28:41	<b>01:09:02.45</b>	<b>01:09:02.45</b>	+00:16:30 (23.9%)	5:45	10.4 (75.9%)
21	<b>SZLACHTOWSKI Łukasz</b>	<b>1469</b>	GOPR PODHALE	M 32	10	00:29:03	<b>01:09:18.10</b>	<b>01:09:18.10</b>	+00:16:45 (24.2%)	5:46	10.4 (75.9%)
22	<b>BIELEC Sebastian</b>	<b>1504</b>		M 32	11	00:28:39	<b>01:09:26.00</b>	<b>01:09:26.00</b>	+00:16:53 (24.3%)	5:47	10.4 (75.9%)
23	<b>ORŁOWSKI Kryspin</b>	<b>1527</b>		M 32	12	00:28:56	<b>01:11:03.30</b>	<b>01:11:03.30</b>	+00:18:30 (26.1%)	5:55	10.1 (73.7%)
24	<b>BIENIEK Marcin</b>	<b>1475</b>	WŁASNY □	M 33-44	7	00:29:54	<b>01:11:09.00</b>	<b>01:11:09.00</b>	+00:18:36 (26.2%)	5:55	10.1 (73.7%)
25	<b>MIROSZ Artur</b>	<b>1419</b>		M 45+	3	00:29:06	<b>01:11:49.65</b>	<b>01:11:49.65</b>	+00:19:17 (26.9%)	5:59	10 (73.0%)
26	<b>KOWALEWSKI Dariusz</b>	<b>1508</b>		M 45+	4	00:30:44	<b>01:13:38.20</b>	<b>01:13:38.20</b>	+00:21:05 (28.6%)	6:08	9.8 (71.5%)
27	<b>SADO Tomasz</b>	<b>1460</b>		M 32	13	00:30:55	<b>01:13:48.00</b>	<b>01:13:48.00</b>	+00:21:15 (28.8%)	6:09	9.8 (71.5%)
28	<b>SZUFLEWSKA Karolina</b>	<b>1487</b>	POLKRYŚ TEAM	K 32	3	00:31:07	<b>01:14:09.25</b>	<b>01:14:09.25</b>	+00:21:36 (29.1%)	6:10	9.7 (70.8%)
29	<b>MATUŁA Natalia</b>	<b>1450</b>	TRAINING BY PP	K 32	4	00:33:10	<b>01:14:38.40</b>	<b>01:14:38.40</b>	+00:22:05 (29.6%)	6:13	9.6 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorc 3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 12km	brutto 12km			
30	<b>BIEL Łukasz</b>	<b>821</b>		M 33-44	8	00:28:54	<b>01:15:05.10</b>	<b>01:15:05.10</b>	+00:22:32 (30.0%)	6:15	9.6 (70.1%)
31	<b>WILKOSZ Wojciech</b>	<b>1526</b>	SKAWINA BIEGA	M 33-44	9	00:29:53	<b>01:15:26.80</b>	<b>01:15:26.80</b>	+00:22:54 (30.4%)	6:17	9.5 (69.3%)
32	<b>WOŹNIAK Tomasz</b>	<b>1449</b>		M 33-44	10	00:31:22	<b>01:15:41.25</b>	<b>01:15:41.25</b>	+00:23:08 (30.6%)	6:18	9.5 (69.3%)
33	<b>ZYGMUNCIAK Bartek</b>	<b>1448</b>		M 33-44	11	00:31:37	<b>01:17:11.00</b>	<b>01:17:11.00</b>	+00:24:38 (31.9%)	6:25	9.3 (67.9%)
34	<b>WOŹNIAK Janusz</b>	<b>1467</b>	PORMATJEDLICZEBIEGA	M 45+	5	00:32:14	<b>01:17:35.40</b>	<b>01:17:35.40</b>	+00:25:02 (32.3%)	6:27	9.3 (67.9%)
35	<b>ŁUCZKA Sylwia</b>	<b>1533</b>	VEGE RUNNERS	K 32	5	00:32:03	<b>01:18:42.05</b>	<b>01:18:42.05</b>	+00:26:09 (33.2%)	6:33	9.1 (66.4%)
36	<b>KULINSKA Janina</b>	<b>1506</b>		K 33-44	2	00:32:28	<b>01:18:49.90</b>	<b>01:18:49.90</b>	+00:26:17 (33.4%)	6:34	9.1 (66.4%)
37	<b>NIEWIADOMY Kazimierz</b>	<b>1428</b>		M 33-44	12	00:33:41	<b>01:19:34.20</b>	<b>01:19:34.20</b>	+00:27:01 (34.0%)	6:37	9 (65.7%)
38	<b>SZNAJDER Jonatan</b>	<b>1512</b>		M 32	14	00:36:03	<b>01:19:39.60</b>	<b>01:19:39.60</b>	+00:27:07 (34.0%)	6:38	9 (65.7%)
39	<b>TUSZKIEWICZ Krzysztof</b>	<b>1539</b>		M 33-44	13	00:32:27	<b>01:20:01.00</b>	<b>01:20:01.00</b>	+00:27:28 (34.3%)	6:40	9 (65.7%)
40	<b>MEDVEDKO Serhii</b>	<b>1447</b>	SPORTLIFE	M 32	15	00:33:04	<b>01:20:02.80</b>	<b>01:20:02.80</b>	+00:27:30 (34.4%)	6:40	9 (65.7%)
41	<b>KONCA Aleksander</b>	<b>1406</b>	KB OŻARÓW MAZOWIECKI BIEGA	M 32	16	00:34:24	<b>01:21:09.90</b>	<b>01:21:09.90</b>	+00:28:37 (35.3%)	6:45	8.9 (65.0%)
42	<b>JAROCH Marcin</b>	<b>1510</b>		M 32	17	00:33:46	<b>01:22:00.30</b>	<b>01:22:00.30</b>	+00:29:27 (35.9%)	6:50	8.8 (64.2%)
43	<b>HRYC Martyna</b>	<b>913</b>		K 32	6	00:36:10	<b>01:22:21.30</b>	<b>01:22:21.30</b>	+00:29:48 (36.2%)	6:51	8.7 (63.5%)
44	<b>OLEWIŃSKI Grzegorz</b>	<b>1444</b>	NAUKA BIEGA	M 33-44	14	00:34:14	<b>01:23:04.75</b>	<b>01:23:04.75</b>	+00:30:32 (36.8%)	6:55	8.7 (63.5%)
45	<b>KOZIOŁ Przemysław</b>	<b>1501</b>		M 45+	6	00:33:54	<b>01:23:10.40</b>	<b>01:23:10.40</b>	+00:30:37 (36.8%)	6:55	8.7 (63.5%)
46	<b>CHRYCZYK Mateusz</b>	<b>1529</b>		M 32	18	00:33:03	<b>01:23:28.95</b>	<b>01:23:28.95</b>	+00:30:56 (37.1%)	6:57	8.6 (62.8%)
47	<b>NOWOROLNIK Dawid</b>	<b>1405</b>	1.RODN	M 33-44	15	00:36:34	<b>01:23:48.15</b>	<b>01:23:48.15</b>	+00:31:15 (37.3%)	6:59	8.6 (62.8%)
48	<b>ŁUKAWSKI Marcin</b>	<b>1530</b>		M 33-44	16	00:34:03	<b>01:24:01.10</b>	<b>01:24:01.10</b>	+00:31:28 (37.5%)	7:00	8.6 (62.8%)
49	<b>ŁOPUCH Robert</b>	<b>1543</b>		M 45+	7	00:35:31	<b>01:24:16.30</b>	<b>01:24:16.30</b>	+00:31:43 (37.7%)	7:01	8.5 (62.0%)
50	<b>MOGIŁKO Natalia</b>	<b>1492</b>		K 33-44	3	00:32:57	<b>01:24:37.55</b>	<b>01:24:37.55</b>	+00:32:05 (37.9%)	7:03	8.5 (62.0%)
51	<b>OKRASA Tomasz</b>	<b>1507</b>		M 33-44	17	00:35:03	<b>01:25:15.80</b>	<b>01:25:15.80</b>	+00:32:43 (38.4%)	7:06	8.4 (61.3%)
52	<b>ZARZYCKI Piotr</b>	<b>1537</b>		M 45+	8	00:37:10	<b>01:25:32.30</b>	<b>01:25:32.30</b>	+00:32:59 (38.6%)	7:07	8.4 (61.3%)
53	<b>DUDA Wojciech</b>	<b>1505</b>	SKAWINA BIEGA	M 45+	9	00:36:43	<b>01:25:40.75</b>	<b>01:25:40.75</b>	+00:33:08 (38.7%)	7:08	8.4 (61.3%)
54	<b>PIECZONKA Tomasz</b>	<b>1470</b>		M 33-44	18	00:36:05	<b>01:26:15.60</b>	<b>01:26:15.60</b>	+00:33:43 (39.1%)	7:11	8.3 (60.6%)
55	<b>PASIK Kamila</b>	<b>1531</b>		K 33-44	4	00:36:21	<b>01:26:37.25</b>	<b>01:26:37.25</b>	+00:34:04 (39.3%)	7:13	8.3 (60.6%)
56	<b>AUGUSTOWSKA Izabela</b>	<b>1454</b>	KB GEOTERMIA UNIEJÓW	K 33-44	5	00:36:01	<b>01:27:44.00</b>	<b>01:27:44.00</b>	+00:35:11 (40.1%)	7:18	8.2 (59.9%)
57	<b>TUCHOWSKA Anna</b>	<b>1493</b>	LISKI	K 33-44	6	00:36:35	<b>01:27:51.70</b>	<b>01:27:51.70</b>	+00:35:19 (40.2%)	7:19	8.2 (59.9%)
58	<b>KUJAWSKA Angelika</b>	<b>1517</b>	4 RUN PIŁA	K 33-44	7	00:36:29	<b>01:27:56.80</b>	<b>01:27:56.80</b>	+00:35:24 (40.3%)	7:19	8.2 (59.9%)
59	<b>HOPPE Grzegorz</b>	<b>1511</b>		M 32	19	00:36:29	<b>01:27:57.05</b>	<b>01:27:57.05</b>	+00:35:24 (40.3%)	7:19	8.2 (59.9%)
60	<b>CIEŚNIK Karolina</b>	<b>1523</b>		K 32	7	00:35:01	<b>01:28:19.10</b>	<b>01:28:19.10</b>	+00:35:46 (40.5%)	7:21	8.2 (59.9%)
61	<b>STYŁA Sebastian</b>	<b>1503</b>		M 33-44	19	00:38:04	<b>01:29:00.40</b>	<b>01:29:00.40</b>	+00:36:27 (41.0%)	7:25	8.1 (59.1%)
62	<b>MICHAŁEK Sylwia</b>	<b>1491</b>	ADIDAS RUNNERS WARSAW	K 32	8	00:37:20	<b>01:29:25.65</b>	<b>01:29:25.65</b>	+00:36:53 (41.2%)	7:27	8.1 (59.1%)
63	<b>POTERAŁSKI Kamil</b>	<b>1427</b>		M 32	20	00:37:55	<b>01:30:10.75</b>	<b>01:30:10.75</b>	+00:37:38 (41.7%)	7:30	8 (58.4%)
64	<b>ŻARDECKI Artur</b>	<b>1498</b>		M 33-44	20	00:34:17	<b>01:30:42.45</b>	<b>01:30:42.45</b>	+00:38:10 (42.1%)	7:33	7.9 (57.7%)
65	<b>KARCZ Joanna</b>	<b>1484</b>	BĘDUSKA BRYGADA BIEGOWA	K 33-44	8	00:38:42	<b>01:31:03.00</b>	<b>01:31:03.00</b>	+00:38:30 (42.3%)	7:35	7.9 (57.7%)
66	<b>BARANOWSKI Adrian</b>	<b>1519</b>		M 32	21	00:38:46	<b>01:33:59.20</b>	<b>01:33:59.20</b>	+00:41:26 (44.1%)	7:49	7.7 (56.2%)
67	<b>JAROSIŃSKA Paulina</b>	<b>1515</b>		K 32	9	00:39:29	<b>01:34:12.60</b>	<b>01:34:12.60</b>	+00:41:40 (44.2%)	7:51	7.6 (55.5%)
68	<b>CHLIPAŁA Agata</b>	<b>1328</b>		K 33-44	9		<b>01:34:17.50</b>	<b>01:34:17.50</b>	+00:41:45 (44.3%)	4:42	12.7 (92.7%)
69	<b>KEMPKA Marcin</b>	<b>1520</b>		M 33-44	21	00:42:50	<b>01:35:20.20</b>	<b>01:35:20.20</b>	+00:42:47 (44.9%)	7:56	7.6 (55.5%)
69	<b>SKIBA Katarzyna</b>	<b>1516</b>		K 33-44	10	00:42:51	<b>01:35:20.20</b>	<b>01:35:20.20</b>	+00:42:47 (44.9%)	7:56	7.6 (55.5%)
71	<b>CIERLAK Patrycja</b>	<b>1465</b>		K 32	10	00:38:25	<b>01:36:15.25</b>	<b>01:36:15.25</b>	+00:43:42 (45.4%)	8:01	7.5 (54.7%)
72	<b>DRÓŹDŹ Michał</b>	<b>1509</b>		M 32	22	00:43:39	<b>01:37:57.00</b>	<b>01:37:57.00</b>	+00:45:24 (46.4%)	8:09	7.4 (54.0%)
73	<b>CHROBAK Anna</b>	<b>1547</b>		K 32	11	00:38:16	<b>01:37:57.15</b>	<b>01:37:57.15</b>	+00:45:24 (46.4%)	8:09	7.4 (54.0%)

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							netto 12km	brutto 12km			
74	<b>SZEWERNIAK Marcin</b>	<b>1463</b>		M 32	23	00:40:27	<b>01:38:07.25</b>	<b>01:38:07.25</b>	+00:45:34 (46.5%)	8:10	7.3 (53.3%)
75	<b>DUCH Aleksandra</b>	<b>1462</b>		K 32	12	00:40:50	<b>01:38:07.65</b>	<b>01:38:07.65</b>	+00:45:35 (46.5%)	8:10	7.3 (53.3%)
76	<b>NAZIM Agnieszka</b>	<b>1525</b>	12 ROCZNICA ŚLUBU	K 33-44	11	00:42:01	<b>01:38:08.70</b>	<b>01:38:08.70</b>	+00:45:36 (46.5%)	8:10	7.3 (53.3%)
77	<b>NAZIM Paweł</b>	<b>1524</b>	12 ROCZNICA ŚLUBU	M 33-44	22	00:42:01	<b>01:38:10.60</b>	<b>01:38:10.60</b>	+00:45:38 (46.5%)	8:10	7.3 (53.3%)
78	<b>WILK Wiola</b>	<b>1421</b>	ACIVE JURA	K 33-44	12	00:41:51	<b>01:38:18.25</b>	<b>01:38:18.25</b>	+00:45:45 (46.6%)	8:11	7.3 (53.3%)
79	<b>ZDEB Agnieszka</b>	<b>1420</b>	ACTIVE JURA	K 32	13	00:41:52	<b>01:38:21.65</b>	<b>01:38:21.65</b>	+00:45:49 (46.6%)	8:11	7.3 (53.3%)
80	<b>WOŹNIAK Lidia</b>	<b>1468</b>	PORMAT JEDLICZEBIEGA	K 45+	1	00:39:27	<b>01:38:38.35</b>	<b>01:38:38.35</b>	+00:46:05 (46.7%)	8:13	7.3 (53.3%)
81	<b>POTERALSKA Julia</b>	<b>1426</b>		K 32	14	00:42:11	<b>01:41:13.90</b>	<b>01:41:13.90</b>	+00:48:41 (48.1%)	8:26	7.1 (51.8%)
82	<b>MIKOŁAJCZYK Grzegorz</b>	<b>1499</b>		M 33-44	23	00:40:45	<b>01:41:25.70</b>	<b>01:41:25.70</b>	+00:48:53 (48.2%)	8:27	7.1 (51.8%)
83	<b>BOLEK Tomasz</b>	<b>1532</b>		M 33-44	24	00:41:35	<b>01:41:28.45</b>	<b>01:41:28.45</b>	+00:48:56 (48.2%)	8:27	7.1 (51.8%)
84	<b>CHROBAK Agnieszka</b>	<b>1546</b>		K 32	15	00:39:54	<b>01:42:02.40</b>	<b>01:42:02.40</b>	+00:49:29 (48.5%)	8:30	7.1 (51.8%)
85	<b>SZTYLKO Michał</b>	<b>1494</b>		M 33-44	25	00:41:43	<b>01:42:33.35</b>	<b>01:42:33.35</b>	+00:50:00 (48.8%)	8:32	7 (51.1%)
86	<b>KOPEK Paweł</b>	<b>1476</b>	EKIPA Z GROMNIKA	M 33-44	26	00:42:35	<b>01:42:38.05</b>	<b>01:42:38.05</b>	+00:50:05 (48.8%)	8:33	7 (51.1%)
87	<b>SIWEK Anna</b>	<b>1495</b>		K 33-44	13	00:41:43	<b>01:42:44.85</b>	<b>01:42:44.85</b>	+00:50:12 (48.9%)	8:33	7 (51.1%)
88	<b>KOPEK Agnieszka</b>	<b>1477</b>		K 33-44	14	00:42:32	<b>01:43:11.90</b>	<b>01:43:11.90</b>	+00:50:39 (49.1%)	8:35	7 (51.1%)
89	<b>PŁUCIENNIK Stanisław</b>	<b>1461</b>		M 32	24	00:37:44	<b>01:44:46.25</b>	<b>01:44:46.25</b>	+00:52:13 (49.9%)	8:43	6.9 (50.4%)
90	<b>JASKULSKI Bartosz</b>	<b>1415</b>		M 45+	10	00:42:26	<b>01:45:02.75</b>	<b>01:45:02.75</b>	+00:52:30 (50.0%)	8:45	6.9 (50.4%)
91	<b>POTERALSKA Alina</b>	<b>1425</b>		K 45+	2	00:42:09	<b>01:45:49.65</b>	<b>01:45:49.65</b>	+00:53:17 (50.4%)	8:49	6.8 (49.6%)
92	<b>RUSNAK Karina</b>	<b>1538</b>		K 32	16	00:45:52	<b>01:45:51.45</b>	<b>01:45:51.45</b>	+00:53:19 (50.4%)	8:49	6.8 (49.6%)
93	<b>WOJCIECHOWSKA Lena</b>	<b>1441</b>	TRENINGBIEGACZA.PL	K 33-44	15	00:43:32	<b>01:46:10.15</b>	<b>01:46:10.15</b>	+00:53:37 (50.5%)	8:50	6.8 (49.6%)
94	<b>STYCZYŃSKA Ksenia</b>	<b>1534</b>	TULKA	K 33-44	16	00:43:24	<b>01:46:10.40</b>	<b>01:46:10.40</b>	+00:53:37 (50.5%)	8:50	6.8 (49.6%)
95	<b>WIECZOREK Maria</b>	<b>1481</b>		K 32	17	00:41:44	<b>01:46:13.45</b>	<b>01:46:13.45</b>	+00:53:41 (50.5%)	8:51	6.8 (49.6%)
96	<b>PANKIEWICZ Katarzyna</b>	<b>1400</b>		K 45+	3	00:45:20	<b>01:47:23.45</b>	<b>01:47:23.45</b>	+00:54:51 (51.1%)	8:56	6.7 (48.9%)
97	<b>DACZYŃSKI Michał</b>	<b>1453</b>	VEGE RUNNERS	M 33-44	27	00:45:19	<b>01:47:24.10</b>	<b>01:47:24.10</b>	+00:54:51 (51.1%)	8:57	6.7 (48.9%)
98	<b>OLEJARZ Daniel</b>	<b>1437</b>	TRI4FUN	M 32	25	00:42:37	<b>01:47:28.00</b>	<b>01:47:28.00</b>	+00:54:55 (51.1%)	8:57	6.7 (48.9%)
99	<b>ŚWIERCZYŃSKA Barbara</b>	<b>1478</b>		K 32	18	00:43:47	<b>01:47:47.45</b>	<b>01:47:47.45</b>	+00:55:15 (51.3%)	8:58	6.7 (48.9%)
100	<b>ŁAZUKA Klaudia</b>	<b>1514</b>		K 32	19	00:42:14	<b>01:47:54.05</b>	<b>01:47:54.05</b>	+00:55:21 (51.3%)	8:59	6.7 (48.9%)
101	<b>BLIMKE-DEREŃ Dalia</b>	<b>1513</b>		K 33-44	17	00:42:14	<b>01:47:54.40</b>	<b>01:47:54.40</b>	+00:55:21 (51.3%)	8:59	6.7 (48.9%)
102	<b>KLEPACKA Barbara</b>	<b>1535</b>	DRUŻYNA PARKUDZIEJ	K 45+	4	00:44:17	<b>01:48:49.60</b>	<b>01:48:49.60</b>	+00:56:17 (51.7%)	9:04	6.6 (48.2%)
103	<b>BUCHMAN Sebastian</b>	<b>1489</b>		M 33-44	28	00:41:45	<b>01:49:37.70</b>	<b>01:49:37.70</b>	+00:57:05 (52.1%)	9:08	6.6 (48.2%)
104	<b>CHMURA Jadwiga</b>	<b>1490</b>		K 33-44	18	00:41:48	<b>01:49:38.25</b>	<b>01:49:38.25</b>	+00:57:05 (52.1%)	9:08	6.6 (48.2%)
105	<b>TERZONI Karina</b>	<b>1540</b>		K 33-44	19	00:41:49	<b>01:49:51.15</b>	<b>01:49:51.15</b>	+00:57:18 (52.2%)	9:09	6.6 (48.2%)
106	<b>OSTROWSKA Marlena</b>	<b>1522</b>		K 33-44	20	00:44:33	<b>01:50:03.75</b>	<b>01:50:03.75</b>	+00:57:31 (52.3%)	9:10	6.5 (47.4%)
107	<b>JEDRZEJCZYK Agata</b>	<b>1464</b>		K 33-44	21	00:44:10	<b>01:51:03.90</b>	<b>01:51:03.90</b>	+00:58:31 (52.7%)	9:15	6.5 (47.4%)
108	<b>KRUGLOVA Anna</b>	<b>1502</b>		K 45+	5	00:45:12	<b>01:52:05.90</b>	<b>01:52:05.90</b>	+00:59:33 (53.1%)	9:20	6.4 (46.7%)
109	<b>BIEL Agnieszka</b>	<b>1457</b>		K 33-44	22	00:47:02	<b>01:52:14.15</b>	<b>01:52:14.15</b>	+00:59:41 (53.2%)	9:21	6.4 (46.7%)
110	<b>DADAŚ Elżbieta</b>	<b>1436</b>	NIGHT RUNNERS GLIWICE	K 33-44	23	00:44:11	<b>01:54:20.45</b>	<b>01:54:20.45</b>	+01:01:48 (54.0%)	9:31	6.3 (46.0%)
111	<b>BUDNY Piotr</b>	<b>1423</b>	TYTANOWE DŹDŹOWNICE	M 32	26	00:47:34	<b>01:54:33.25</b>	<b>01:54:33.25</b>	+01:02:00 (54.1%)	9:32	6.3 (46.0%)
112	<b>WESOŁOWSKA Agnieszka</b>	<b>1422</b>		K 32	20	00:47:33	<b>01:54:35.65</b>	<b>01:54:35.65</b>	+01:02:03 (54.2%)	9:32	6.3 (46.0%)
113	<b>KRZYWICKI Leszek</b>	<b>1429</b>		M 45+	11	00:44:08	<b>01:54:47.70</b>	<b>01:54:47.70</b>	+01:02:15 (54.2%)	9:33	6.3 (46.0%)
114	<b>MIKA Olga</b>	<b>1412</b>		K 45+	6	00:45:35	<b>01:55:15.90</b>	<b>01:55:15.90</b>	+01:02:43 (54.4%)	9:36	6.2 (45.3%)
115	<b>NOWAK Izabela</b>	<b>1456</b>	RYKOWISKO	K 45+	7	00:46:08	<b>01:55:20.65</b>	<b>01:55:20.65</b>	+01:02:48 (54.4%)	9:36	6.2 (45.3%)
116	<b>SULEJA Joanna</b>	<b>1483</b>	SZWLA	K 45+	8	00:41:27	<b>01:58:33.65</b>	<b>01:58:33.65</b>	+01:06:01 (55.7%)	9:52	6.1 (44.5%)
117	<b>BUCZEK Anna</b>	<b>1435</b>		K 32	21	00:45:53	<b>02:01:02.80</b>	<b>02:01:02.80</b>	+01:08:30 (56.6%)	10:05	5.9 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorc 3km	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
118	<b>WOŁEK Kasia</b>	<b>1401</b>	NAUKA BIEGA	K 33-44	24	00:50:45	<b>02:01:09.80</b>	<b>02:01:09.80</b>	+01:08:37 (56.6%)	10:05	5.9 (43.1%)
119	<b>SEWERYN Natalia</b>	<b>1466</b>	MAGNETI MARELLI POLAND	K 32	22	00:50:44	<b>02:02:06.45</b>	<b>02:02:06.45</b>	+01:09:34 (57.0%)	10:10	5.9 (43.1%)
120	<b>GOLEC Iwona</b>	<b>1479</b>		K 33-44	25	00:43:57	<b>02:03:36.95</b>	<b>02:03:36.95</b>	+01:11:04 (57.5%)	10:18	5.8 (42.3%)
121	<b>GOLEC Tomasz</b>	<b>1480</b>	BART TEAM	M 33-44	29	00:43:58	<b>02:03:38.10</b>	<b>02:03:38.10</b>	+01:11:05 (57.5%)	10:18	5.8 (42.3%)
122	<b>BARON Julek</b>	<b>1545</b>	VRC	M 32	27	00:53:34	<b>02:04:31.65</b>	<b>02:04:31.65</b>	+01:11:59 (57.8%)	10:22	5.8 (42.3%)
123	<b>GRUDZIEN Paweł</b>	<b>1486</b>		M 33-44	30	00:53:35	<b>02:04:36.80</b>	<b>02:04:36.80</b>	+01:12:04 (57.8%)	10:23	5.8 (42.3%)
124	<b>ZHANG Wanjun</b>	<b>1409</b>	BAI MA FEI MA	K 32	23	00:53:31	<b>02:07:40.00</b>	<b>02:07:40.00</b>	+01:15:07 (58.8%)	10:38	5.6 (40.9%)
125	<b>WROTKOWSKA Barbara</b>	<b>1471</b>		K 33-44	26	00:54:37	<b>02:13:47.50</b>	<b>02:13:47.50</b>	+01:21:15 (60.7%)	11:08	5.4 (39.4%)
126	<b>CHRYCZYK Agata</b>	<b>1536</b>		K 33-44	27	01:02:25	<b>02:18:09.50</b>	<b>02:18:09.50</b>	+01:25:37 (62.0%)	11:30	5.2 (38.0%)
127	<b>WASIK Natalia</b>	<b>1528</b>	EDC RUNNERS	K 32	24	00:48:27	<b>02:19:31.85</b>	<b>02:19:31.85</b>	+01:26:59 (62.3%)	11:37	5.2 (38.0%)
128	<b>RUSNAK Elżbieta</b>	<b>1541</b>		K 45+	9	01:02:23	<b>02:22:59.35</b>	<b>02:22:59.35</b>	+01:30:26 (63.3%)	11:54	5 (36.5%)
129	<b>KWIATKOWSKA Karolina</b>	<b>1549</b>		K 32	25		<b>02:55:48.45</b>	<b>02:55:48.45</b>	+02:03:16 (70.1%)	14:39	4.1 (29.9%)
130	<b>PRZYBYŁA Dorota</b>	<b>1404</b>		K 33-44	28	01:21:41	<b>03:18:06.05</b>	<b>03:18:06.05</b>	+02:25:33 (73.5%)	16:30	3.6 (26.3%)
131	<b>OBSZYŃSKA Izabela</b>	<b>1414</b>		K 33-44	29	01:21:36	<b>03:18:06.70</b>	<b>03:18:06.70</b>	+02:25:34 (73.5%)	16:30	3.6 (26.3%)

Znaleziono 131 wynik(ów)