



# GORCE ULTRA-TRAIL® 12 KM

B4SPORT

**Wydarzenie:** Gorce Ultra-Trail 2020  
**Organizator:** Fundacja Run Vegan - GUT  
**Data:** 2020-08-02  
**Miejsce:** Ochotnica Dolna  
**Dystans:** 12 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod Gorcem 3km	Kara/ bonifikata	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	TARASEK Wojciech	1493	#ANDRZEJDLUGOSZTEAM / ELEMENO.PL	M 35	1	00:21:24		00:52:45.05	00:52:45.05		4:23	13.6 (100%)
2	BACHLEDA Łukasz	1508	GORĄCY POTOK TEAM	M 35	2	00:22:24		00:55:57.90	00:55:57.90	+00:03:12 (5.7%)	4:39	12.9 (94.9%)
3	PACHUT Jerzy	1468	MUAY RUNNING TEAM	M 35	3	00:22:56		00:57:17.80	00:57:17.80	+00:04:32 (7.9%)	4:46	12.6 (92.6%)
4	SZCZEPANIAK Damian	1488	KAMIENICA	M 36-44	1	00:23:42		00:57:39.15	00:57:39.15	+00:04:54 (8.5%)	4:48	12.5 (91.9%)
5	TARGOSZ Michał	1494		M 36-44	2	00:24:15		01:01:03.90	01:01:03.90	+00:08:18 (13.6%)	5:05	11.8 (86.8%)
6	STACHERSKI Łukasz	1485		M 35	4	00:24:03		01:03:29.40	01:03:29.40	+00:10:44 (16.9%)	5:17	11.3 (83.1%)
7	SIOŁA Karol	1483	DRUŻYNA SZPIKU	M 35	5	00:24:48		01:03:45.65	01:03:45.65	+00:11:00 (17.3%)	5:18	11.3 (83.1%)
8	DULAK Katarzyna	53		K 35	1	00:27:34		01:07:19.95	01:07:19.95	+00:14:34 (21.7%)	5:36	10.7 (78.7%)
9	GRZYWNOWICZ Piotr	52	GORC OCHOTNICA	M 35	6	00:28:27		01:09:23.35	01:09:23.35	+00:16:38 (24.0%)	5:46	10.4 (76.5%)
10	BOLECHOWSKA Dominika	1517		K 45-59	1	00:27:51		01:09:55.75	01:09:55.75	+00:17:10 (24.6%)	5:49	10.3 (75.7%)
11	ZIEMIANEK Rafał	20	GORC OCHOTNICA	M 35	7	00:28:27		01:10:03.10	01:10:03.10	+00:17:18 (24.7%)	5:50	10.3 (75.7%)
12	KOWALSKI Łukasz	1444		M 35	8	00:27:51		01:10:36.80	01:10:36.80	+00:17:51 (25.3%)	5:53	10.2 (75.0%)
13	SZNAJDER Jarosław	1489		M 45-59	1	00:29:51		01:12:12.55	01:12:12.55	+00:19:27 (26.9%)	6:01	10 (73.5%)
14	NIEWIADOMY Kazimierz	1462		M 36-44	3	00:30:56		01:13:37.85	01:13:37.85	+00:20:52 (28.4%)	6:08	9.8 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod Gorcem		Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
						3km	Kara/bonifikata					
15	<b>GOLONKA Marcin</b>	<b>1428</b>	VICTORIA ESTATE MARCIN GOLONKA	M 35	9	00:30:50		<b>01:13:42.00</b>	<b>01:13:42.00</b>	+00:20:56 (28.4%)	6:08	9.8 (72.1%)
16	<b>SADO Tomasz</b>	<b>1477</b>	AZS AWF MASTERS	M 35	10	00:29:55		<b>01:13:50.55</b>	<b>01:13:50.55</b>	+00:21:05 (28.6%)	6:09	9.8 (72.1%)
17	<b>GOŁDYN Mateusz</b>	<b>1430</b>		M 35	11	00:27:53		<b>01:14:11.35</b>	<b>01:14:11.35</b>	+00:21:26 (28.9%)	6:10	9.7 (71.3%)
18	<b>MIROSZ Artur</b>	<b>1460</b>		M 45-59	2	00:28:57		<b>01:14:43.70</b>	<b>01:14:43.70</b>	+00:21:58 (29.4%)	6:13	9.6 (70.6%)
19	<b>SYC Ewelina</b>	<b>1487</b>		K 35	2	00:31:57		<b>01:15:09.25</b>	<b>01:15:09.25</b>	+00:22:24 (29.8%)	6:15	9.6 (70.6%)
20	<b>WOŹNIAK Janusz</b>	<b>1501</b>	PORMAT JEDLICZE BIEGA	M 45-59	3	00:31:03		<b>01:16:03.40</b>	<b>01:16:03.40</b>	+00:23:18 (30.6%)	6:20	9.5 (69.9%)
21	<b>ZYGMUNCIAK Bartek</b>	<b>1505</b>	EDC RUNNERS FRIEND	M 36-44	4	00:30:38		<b>01:18:04.25</b>	<b>01:18:04.25</b>	+00:25:19 (32.4%)	6:30	9.2 (67.6%)
22	<b>BISKUP Paweł</b>	<b>1405</b>		M 36-44	5	00:31:17		<b>01:18:34.60</b>	<b>01:18:34.60</b>	+00:25:49 (32.9%)	6:32	9.2 (67.6%)
23	<b>GOSA Mariusz</b>	<b>1514</b>		M 45-59	4	00:32:03		<b>01:19:01.10</b>	<b>01:19:01.10</b>	+00:26:16 (33.2%)	6:35	9.1 (66.9%)
24	<b>DOBROMILSKA Agata</b>	<b>1422</b>	WM TRISELF	K 35	3	00:33:08		<b>01:19:44.90</b>	<b>01:19:44.90</b>	+00:26:59 (33.9%)	6:38	9 (66.2%)
25	<b>DANIELSKA Lidia</b>	<b>1421</b>	CROSSRAGE	K 35	4	00:33:08		<b>01:20:05.35</b>	<b>01:20:05.35</b>	+00:27:20 (34.1%)	6:40	9 (66.2%)
26	<b>BOKSA Bartłomiej</b>	<b>1407</b>	KKM KALORYFER	M 36-44	6	00:31:48		<b>01:21:07.05</b>	<b>01:21:07.05</b>	+00:28:22 (35.0%)	6:45	8.9 (65.4%)
27	<b>OSIAL Mariusz</b>	<b>1176</b>	KB IM. PIOTRA SĘKOWSKIEGO W PŁOŃSKU	M 36-44	7	00:33:58		<b>01:21:47.60</b>	<b>01:21:47.60</b>	+00:29:02 (35.5%)	6:48	8.8 (64.7%)
28	<b>SUDER Magdalena</b>	<b>1486</b>		K 35	5	00:33:28		<b>01:22:43.95</b>	<b>01:22:43.95</b>	+00:29:58 (36.2%)	6:53	8.7 (64.0%)
29	<b>LUDOWSKI Paweł</b>	<b>1454</b>		M 36-44	8	00:33:18		<b>01:22:51.30</b>	<b>01:22:51.30</b>	+00:30:06 (36.3%)	6:54	8.7 (64.0%)
30	<b>CHRYCZYK Mateusz</b>	<b>1506</b>		M 35	12	00:32:24		<b>01:22:52.65</b>	<b>01:22:52.65</b>	+00:30:07 (36.4%)	6:54	8.7 (64.0%)
31	<b>BACHLEDA Joanna</b>	<b>156</b>		K 35	6	00:34:41		<b>01:24:48.75</b>	<b>01:24:48.75</b>	+00:32:03 (37.8%)	7:04	8.5 (62.5%)
32	<b>KOSUDA Paweł</b>	<b>1443</b>	CROSS TRENING MAZOVIA CIECHANÓW	M 36-44	9	00:35:37		<b>01:25:40.00</b>	<b>01:25:40.00</b>	+00:32:54 (38.4%)	7:08	8.4 (61.8%)
33	<b>ŁACIAK Paweł</b>	<b>1469</b>	GDÓW PROUD RUNNERS	M 45-59	5	00:33:39		<b>01:26:11.25</b>	<b>01:26:11.25</b>	+00:33:26 (38.8%)	7:10	8.4 (61.8%)
34	<b>DRABIK - SŁOMKA Małgorzata</b>	<b>1423</b>		K 35	7	00:33:35		<b>01:26:43.00</b>	<b>01:26:43.00</b>	+00:33:57 (39.2%)	7:13	8.3 (61.0%)
35	<b>MICHAŁEK Sylwia</b>	<b>1457</b>	ADIDAS RUNNERS WARSAW	K 35	8	00:35:52		<b>01:26:49.25</b>	<b>01:26:49.25</b>	+00:34:04 (39.2%)	7:14	8.3 (61.0%)
36	<b>WENC Tomasz</b>	<b>1498</b>		M 36-44	10	00:33:00		<b>01:26:55.90</b>	<b>01:26:55.90</b>	+00:34:10 (39.3%)	7:14	8.3 (61.0%)
37	<b>JABŁOŃSKA Agnieszka</b>	<b>1434</b>		K 35	9	00:34:32		<b>01:27:57.85</b>	<b>01:27:57.85</b>	+00:35:12 (40.0%)	7:19	8.2 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod Gorcem 3km	Kara/bonifikata	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
38	LISIAK Mateusz	1453		M 35	13	00:33:09		01:28:08.45	01:28:08.45	+00:35:23 (40.2%)	7:20	8.2 (60.3%)
39	CHODKIEWICZ Anna	1413		K 36-44	1	00:35:24		01:28:28.50	01:28:28.50	+00:35:43 (40.4%)	7:22	8.1 (59.6%)
40	MOGIŁKO Natalia	1461		K 35	10	00:33:00		01:29:19.35	01:29:19.35	+00:36:34 (40.9%)	7:26	8.1 (59.6%)
41	SAMBORSKA Maria	1478		K 35	11	00:35:51		01:30:58.20	01:30:58.20	+00:38:13 (42.0%)	7:34	7.9 (58.1%)
42	JANIAK Agnieszka	1435	VEGAN RUNNERS	K 35	12	00:36:19		01:31:18.40	01:31:18.40	+00:38:33 (42.2%)	7:36	7.9 (58.1%)
43	TOL Kamil	1515		M 35	14	00:31:24	00:15:00	01:31:42.00	01:31:42.00	+00:38:56 (42.5%)	6:23	9.4 (69.1%)
44	BARNAŚ Joanna	1516		K 35	13	00:34:06		01:32:35.40	01:32:35.40	+00:39:50 (43.0%)	7:42	7.8 (57.4%)
45	PRUCIA Piotr	1470		M 35	15	00:33:25		01:34:02.35	01:34:02.35	+00:41:17 (43.9%)	7:50	7.7 (56.6%)
46	SOSZYŃSKI Krzysztof	1484		M 45-59	6	00:39:19		01:34:23.00	01:34:23.00	+00:41:37 (44.1%)	7:51	7.6 (55.9%)
47	SIOŁA Franciszek	1482		M 60+	1	00:37:44		01:34:30.25	01:34:30.25	+00:41:45 (44.2%)	7:52	7.6 (55.9%)
48	CZERWIŃSKI Jarosław	1419		M 60+	2	00:39:42		01:34:46.55	01:34:46.55	+00:42:01 (44.3%)	7:53	7.6 (55.9%)
49	ŁUCZKA Sylwia	1455	VEGE RUNNERS	K 35	14	00:33:06	00:15:00	01:36:35.00	01:36:35.00	+00:43:49 (45.4%)	6:47	8.8 (64.7%)
50	ŚWIĄTKOWSKI-OKOŃSKI Marek	1492		M 36-44	11	00:36:54		01:36:43.20	01:36:43.20	+00:43:58 (45.5%)	8:03	7.4 (54.4%)
51	BERNAT Rafał	1404		M 35	16	00:36:05		01:36:46.65	01:36:46.65	+00:44:01 (45.5%)	8:03	7.4 (54.4%)
52	RESZKA Łukasz	1474		M 36-44	12	00:39:48		01:36:53.40	01:36:53.40	+00:44:08 (45.6%)	8:04	7.4 (54.4%)
53	HRYC Martyna	1433	SALCO GARMIN TEAM JUNIOR	K 35	15	00:32:31	00:15:00	01:37:40.00	01:37:40.00	+00:44:54 (46.0%)	6:53	8.7 (64.0%)
54	GULBINOWICZ Renata	1512		K 36-44	2	00:40:09		01:37:44.95	01:37:44.95	+00:44:59 (46.0%)	8:08	7.4 (54.4%)
55	GULBROWICZ Dariusz	1513		M 36-44	13	00:40:09		01:37:46.05	01:37:46.05	+00:45:01 (46.0%)	8:08	7.4 (54.4%)
56	GRZELIŃSKA Klaudia	1431		K 35	16	00:40:07		01:37:49.15	01:37:49.15	+00:45:04 (46.1%)	8:09	7.4 (54.4%)
57	ŚWIĄTKIEWICZ Maciej	1491		M 35	17	00:40:36		01:38:09.20	01:38:09.20	+00:45:24 (46.3%)	8:10	7.3 (53.7%)
58	URBANIAK Żaneta	1496		K 35	17	00:38:28		01:38:26.20	01:38:26.20	+00:45:41 (46.4%)	8:12	7.3 (53.7%)
59	RICOUR Patrice	1510		M 45-59	7	00:37:42		01:39:25.00	01:39:25.00	+00:46:39 (46.9%)	8:17	7.2 (52.9%)
60	KUREK Szymon	1449	ŚWIETLIKOWO	M 35	18	00:38:40		01:39:26.65	01:39:26.65	+00:46:41 (47.0%)	8:17	7.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod Gorcem		Kara/ bonifikata	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
						3km	3km						
61	<b>BUCZEK Joanna</b>	<b>1410</b>		K 35	18	00:38:13			<b>01:39:41.25</b>	<b>01:39:41.25</b>	+00:46:56 (47.1%)	8:18	7.2 (52.9%)
62	<b>TOKARCZYK Anna</b>	<b>1495</b>		K 35	19	00:41:44			<b>01:40:15.85</b>	<b>01:40:15.85</b>	+00:47:30 (47.4%)	8:21	7.2 (52.9%)
63	<b>NOWAK Paulina</b>	<b>1464</b>		K 35	20	00:37:52			<b>01:40:33.60</b>	<b>01:40:33.60</b>	+00:47:48 (47.5%)	8:22	7.2 (52.9%)
64	<b>GOŁDYN Agata</b>	<b>1429</b>		K 36-44	3	00:39:17			<b>01:41:16.25</b>	<b>01:41:16.25</b>	+00:48:31 (47.9%)	8:26	7.1 (52.2%)
65	<b>LIGĘZA Anna</b>	<b>110</b>	GORC OCHOTNICA	K 36-44	4	00:39:17			<b>01:41:16.40</b>	<b>01:41:16.40</b>	+00:48:31 (47.9%)	8:26	7.1 (52.2%)
66	<b>HOFF Emilia</b>	<b>1432</b>	FIT FABRIC	K 45-59	2	00:39:52			<b>01:42:06.60</b>	<b>01:42:06.60</b>	+00:49:21 (48.3%)	8:30	7.1 (52.2%)
67	<b>CZERWIŃSKA Arleta</b>	<b>1418</b>		K 60+	1	00:41:21			<b>01:42:12.65</b>	<b>01:42:12.65</b>	+00:49:27 (48.4%)	8:31	7 (51.5%)
68	<b>BOKSA Anna</b>	<b>1406</b>	KKM KALORYFER	K 36-44	5	00:41:50			<b>01:43:08.55</b>	<b>01:43:08.55</b>	+00:50:23 (48.9%)	8:35	7 (51.5%)
69	<b>NIZIOŁ Wojciech</b>	<b>1463</b>	FIZJO_PRO	M 35	19	00:37:16			<b>01:43:57.10</b>	<b>01:43:57.10</b>	+00:51:12 (49.3%)	8:39	6.9 (50.7%)
70	<b>VERDUIN Caroline</b>	<b>1497</b>	HAAG ATLETIEK	K 35	21	00:34:24		00:15:00	<b>01:44:33.00</b>	<b>01:44:33.00</b>	+00:51:47 (49.5%)	7:27	8 (58.8%)
71	<b>CZARNECKA - LADRA Anita</b>	<b>1417</b>		K 36-44	6	00:42:00			<b>01:45:13.30</b>	<b>01:45:13.30</b>	+00:52:28 (49.9%)	8:46	6.8 (50.0%)
72	<b>PĘCIAK Katarzyna</b>	<b>1511</b>		K 35	22	00:39:04			<b>01:45:46.35</b>	<b>01:45:46.35</b>	+00:53:01 (50.1%)	8:48	6.8 (50.0%)
73	<b>WOŹNIAK Lidia</b>	<b>1502</b>	PORMAT JEDLICZE BIEGA	K 45-59	3	00:42:40			<b>01:49:59.05</b>	<b>01:49:59.05</b>	+00:57:14 (52.0%)	9:09	6.5 (47.8%)
74	<b>OSTROWSKA Marlena</b>	<b>1467</b>		K 36-44	7	00:42:57			<b>01:50:00.20</b>	<b>01:50:00.20</b>	+00:57:15 (52.0%)	9:10	6.5 (47.8%)
75	<b>BEDNARSKI Waldemar</b>	<b>1403</b>	RUCHLIWI ŚWIŃSKA NOGA	M 36-44	14	00:36:46		00:15:00	<b>01:50:54.00</b>	<b>01:50:54.00</b>	+00:58:08 (52.4%)	7:59	7.5 (55.1%)
76	<b>KASPRYK Jolanta</b>	<b>1439</b>		K 36-44	8	00:41:40			<b>01:51:36.25</b>	<b>01:51:36.25</b>	+00:58:51 (52.7%)	9:18	6.5 (47.8%)
77	<b>PTAK Arkadiusz</b>	<b>1471</b>	CRAZY BIRDS	M 36-44	15	00:41:39			<b>01:51:36.35</b>	<b>01:51:36.35</b>	+00:58:51 (52.7%)	9:18	6.5 (47.8%)
78	<b>KŁAPYTA Katarzyna</b>	<b>1441</b>		K 35	23	00:41:58			<b>01:52:05.50</b>	<b>01:52:05.50</b>	+00:59:20 (52.9%)	9:20	6.4 (47.1%)
79	<b>JÓZEFOWICZ Maciej</b>	<b>1438</b>	VEGE RUNNERS	M 36-44	16	00:39:07			<b>01:52:41.35</b>	<b>01:52:41.35</b>	+00:59:56 (53.2%)	9:23	6.4 (47.1%)
80	<b>JANISZEWSKI Andrzej</b>	<b>1436</b>		M 60+	3	00:39:08			<b>01:53:07.95</b>	<b>01:53:07.95</b>	+01:00:22 (53.4%)	9:25	6.4 (47.1%)
81	<b>KASZUBA Ryszard</b>	<b>1440</b>	KLUB SPORTOWY PRESTIGE	M 60+	4	00:41:37			<b>01:53:40.35</b>	<b>01:53:40.35</b>	+01:00:55 (53.6%)	9:28	6.3 (46.3%)
82	<b>GALIŃSKA Aldona</b>	<b>1427</b>		K 35	24	00:46:42			<b>01:53:45.80</b>	<b>01:53:45.80</b>	+01:01:00 (53.6%)	9:28	6.3 (46.3%)
83	<b>OSIKA Kamila</b>	<b>1466</b>	PROBALANS	K 35	25	00:44:17			<b>01:54:02.90</b>	<b>01:54:02.90</b>	+01:01:17 (53.7%)	9:30	6.3 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod Gorcem		Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
						3km	Kara/bonifikata					
84	<b>KSIĄŻEK Natalia</b>	<b>1445</b>		K 35	26	00:48:13		<b>01:55:20.85</b>	<b>01:55:20.85</b>	+01:02:35 (54.3%)	9:36	6.2 (45.6%)
85	<b>RELIGA Liliana</b>	<b>1473</b>		K 35	27	00:43:02		<b>01:55:23.70</b>	<b>01:55:23.70</b>	+01:02:38 (54.3%)	9:36	6.2 (45.6%)
86	<b>DAGIEL Janusz</b>	<b>1420</b>		M 35	20	00:43:04		<b>01:55:24.20</b>	<b>01:55:24.20</b>	+01:02:39 (54.3%)	9:37	6.2 (45.6%)
87	<b>BARANOWSKI Adrian</b>	<b>1402</b>		M 35	21	00:42:10		<b>01:57:11.60</b>	<b>01:57:11.60</b>	+01:04:26 (55.0%)	9:45	6.1 (44.9%)
87	<b>JAROSIŃSKA Paulina</b>	<b>1437</b>		K 35	28	00:42:14		<b>01:57:11.60</b>	<b>01:57:11.60</b>	+01:04:26 (55.0%)	9:45	6.1 (44.9%)
89	<b>CHARMUSZKO Monika</b>	<b>1411</b>		K 36-44	9	00:44:13		<b>01:58:33.50</b>	<b>01:58:33.50</b>	+01:05:48 (55.5%)	9:52	6.1 (44.9%)
90	<b>REGUŁA Klaudia</b>	<b>1472</b>		K 35	29	00:45:19		<b>02:00:52.80</b>	<b>02:00:52.80</b>	+01:08:07 (56.4%)	10:04	6 (44.1%)
91	<b>RÓŻAŃSKI Janusz</b>	<b>1475</b>		M 35	22	00:43:00		<b>02:01:31.05</b>	<b>02:01:31.05</b>	+01:08:46 (56.6%)	10:07	5.9 (43.4%)
92	<b>SZYMAŃSKI Michał</b>	<b>1490</b>		M 36-44	17	00:44:48		<b>02:01:53.70</b>	<b>02:01:53.70</b>	+01:09:08 (56.7%)	10:09	5.9 (43.4%)
93	<b>KUBAS Marlena</b>	<b>1446</b>		K 35	30	00:48:54		<b>02:03:06.10</b>	<b>02:03:06.10</b>	+01:10:21 (57.1%)	10:15	5.8 (42.6%)
94	<b>BOROWIEC-RÓŻYCKA Magdalena</b>	<b>1408</b>	BIEGAJĄCY ŚWIDNIK	K 36-44	10	00:49:29		<b>02:05:59.25</b>	<b>02:05:59.25</b>	+01:13:14 (58.1%)	10:29	5.7 (41.9%)
95	<b>OKOŃSKA-ŚWIĄTKOWSKA Lidia</b>	<b>1465</b>		K 36-44	11	00:46:13		<b>02:06:27.25</b>	<b>02:06:27.25</b>	+01:13:42 (58.3%)	10:32	5.7 (41.9%)
96	<b>KUBASIAK Magdalena</b>	<b>1447</b>		K 35	31	00:41:59	00:15:00	<b>02:07:00.00</b>	<b>02:07:00.00</b>	+01:14:14 (58.5%)	9:20	6.4 (47.1%)
97	<b>FIJAŁKOWSKA Karolina</b>	<b>1425</b>		K 35	32	00:49:29		<b>02:07:33.85</b>	<b>02:07:33.85</b>	+01:14:48 (58.6%)	10:37	5.6 (41.2%)
98	<b>DZIUBAŁA Ilona</b>	<b>1424</b>		K 45-59	4	00:51:00		<b>02:09:58.30</b>	<b>02:09:58.30</b>	+01:17:13 (59.4%)	10:49	5.5 (40.4%)
99	<b>TUREK Kamila</b>	<b>1509</b>		K 35	33	00:50:59		<b>02:09:59.10</b>	<b>02:09:59.10</b>	+01:17:14 (59.4%)	10:49	5.5 (40.4%)
100	<b>SIGER Julia</b>	<b>1480</b>		K 35	34	00:44:16		<b>02:10:10.35</b>	<b>02:10:10.35</b>	+01:17:25 (59.5%)	10:50	5.5 (40.4%)
100	<b>SIGER Adam</b>	<b>1481</b>	FUNDACJA UDARU MÓZGU	M 45-59	8	00:44:16		<b>02:10:10.35</b>	<b>02:10:10.35</b>	+01:17:25 (59.5%)	10:50	5.5 (40.4%)
102	<b>MICHAŁOWSKI Maciej</b>	<b>1458</b>		M 36-44	18	00:49:31	00:15:00	<b>02:21:46.00</b>	<b>02:21:46.00</b>	+01:29:00 (62.8%)	10:33	5.7 (41.9%)
103	<b>SZNAJDROWSKA Marta</b>	<b>1507</b>		K 35	35	01:00:22		<b>02:23:11.80</b>	<b>02:23:11.80</b>	+01:30:26 (63.2%)	11:55	5 (36.8%)
104	<b>ZABROCKI Andrzej</b>	<b>1504</b>		M 45-59	9	00:53:46		<b>02:25:11.80</b>	<b>02:25:11.80</b>	+01:32:26 (63.7%)	12:05	5 (36.8%)
105	<b>ZABROCKA Jolanta</b>	<b>1503</b>		K 45-59	5	00:53:48		<b>02:25:12.40</b>	<b>02:25:12.40</b>	+01:32:27 (63.7%)	12:06	5 (36.8%)
106	<b>KUBKA Adam</b>	<b>1448</b>	FUNDACJA UDARU MÓZGU	M 60+	5	00:41:01		<b>02:28:06.50</b>	<b>02:28:06.50</b>	+01:35:21 (64.4%)	12:20	4.9 (36.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod Gorcem 3km	Kara/ bonifikata	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
107	<b>KOŁECZEK Aleksandra</b>	<b>1442</b>	VEGE RUNNERS	K 35	36	00:51:30		<b>02:31:34.80</b>	<b>02:31:34.80</b>	+01:38:49 (65.2%)	12:37	4.8 (35.3%)
108	<b>WOŁOSIEWICZ Jarosław</b>	<b>1499</b>		M 60+	6	01:08:24		<b>03:18:49.30</b>	<b>03:18:49.30</b>	+02:26:04 (73.5%)	16:34	3.6 (26.5%)
109	<b>WOŁOSIEWICZ Teresa</b>	<b>1500</b>		K 60+	2	01:08:13		<b>03:18:49.40</b>	<b>03:18:49.40</b>	+02:26:04 (73.5%)	16:34	3.6 (26.5%)
110	<b>LIMAN Andrzej</b>	<b>1452</b>	PODLASIAKI	M 45-59	10	01:08:20		<b>03:18:49.75</b>	<b>03:18:49.75</b>	+02:26:04 (73.5%)	16:34	3.6 (26.5%)
	<b>JAMIŃSKI Adam</b>	<b>1401</b>		M 35		00:19:59 DNF		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 111 wynik(ów)