



# GORCE ULTRA-TRAIL® 12 KM

B4SPORT

**Wydarzenie:** Gorce Ultra-Trail 2021  
**Organizator:** Fundacja Run Vegan - GUT  
**Data:** 2021-08-01  
**Miejsce:** Ochotnica Dolna  
**Dystans:** 12 km

**B4SPORT**  
INTELIGENTNE 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	<b>KOZIK Adam</b>	<b>1444</b>		M 35	1	00:23:04		<b>01:03:48.60</b>	<b>01:03:48.60</b>		5:19	11.3 (100%)
2	<b>PODRAZA Mateusz</b>	<b>1509</b>		M 36-44	1	00:23:48		<b>01:05:40.05</b>	<b>01:05:40.05</b>	+00:01:51 (2.8%)	5:28	11 (97.3%)
3	<b>SZCZEPANIAK Damian</b>	<b>1486</b>	KAMIENICA	M 36-44	2	00:25:12		<b>01:06:52.20</b>	<b>01:06:52.20</b>	+00:03:03 (4.6%)	5:34	10.8 (95.6%)
4	<b>TARGOSZ Michał</b>	<b>1515</b>		M 36-44	3	00:24:28		<b>01:08:59.55</b>	<b>01:08:59.55</b>	+00:05:10 (7.5%)	5:44	10.4 (92.0%)
5	<b>SZUMLAŃSKA Marcin</b>	<b>1513</b>	PODHALAŃSKIE DZIKI GORĄCE POTOKI	M 36-44	4	00:25:52		<b>01:09:04.55</b>	<b>01:09:04.55</b>	+00:05:15 (7.6%)	5:45	10.4 (92.0%)
6	<b>GRYZŁO Jakub</b>	<b>1424</b>	WWW.LEDMAX24.PL	M 36-44	5	00:26:00		<b>01:10:32.60</b>	<b>01:10:32.60</b>	+00:06:44 (9.5%)	5:52	10.2 (90.3%)
7	<b>WAJDA Kamil</b>	<b>1490</b>	KLUB BIEGACZA LIDZBARK WARMIŃSKI	M 35	2	00:26:12		<b>01:10:53.40</b>	<b>01:10:53.40</b>	+00:07:04 (10.0%)	5:54	10.2 (90.3%)
8	<b>SAWICKI Maciej</b>	<b>1181</b>		M 36-44	6	00:25:30		<b>01:12:21.10</b>	<b>01:12:21.10</b>	+00:08:32 (11.8%)	6:01	10 (88.5%)
9	<b>ZIEMIAŃSKI Grzegorz</b>	<b>1502</b>	MCP TEAM	M 36-44	7	00:26:59		<b>01:14:20.35</b>	<b>01:14:20.35</b>	+00:10:31 (14.2%)	6:11	9.7 (85.8%)
10	<b>PAŁKA Mariusz</b>	<b>1468</b>	KB PARANTELA	M 36-44	8	00:27:03		<b>01:14:32.15</b>	<b>01:14:32.15</b>	+00:10:43 (14.4%)	6:12	9.7 (85.8%)
11	<b>GRYGIEL Marek</b>	<b>1423</b>	JACEKBIEGA RUNNING TEAM	M 45-59	1	00:27:43		<b>01:14:36.65</b>	<b>01:14:36.65</b>	+00:10:48 (14.5%)	6:13	9.7 (85.8%)
12	<b>DUDCZAK Kacper</b>	<b>1510</b>		M 35	3	00:22:00	00:15:00	<b>01:15:07.70</b>	<b>01:15:07.70</b>	+00:11:19 (15.1%)	5:00	12 (106.2%)
13	<b>GAŁDYN Kamil</b>	<b>1504</b>	GORĄCY POTOK TEAM	M 35	4	00:25:22		<b>01:16:53.30</b>	<b>01:16:53.30</b>	+00:13:04 (17.0%)	6:24	9.4 (83.2%)
14	<b>BOLECHOWSKA Dominika</b>	<b>1505</b>		K 45-59	1	00:28:04		<b>01:17:10.30</b>	<b>01:17:10.30</b>	+00:13:21 (17.3%)	6:25	9.3 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Gorcem 3km		netto 12km	brutto 12km			
15	<b>NIEWIADOMY Kazimierz</b>	<b>1465</b>		M 36-44	9	00:29:57		<b>01:17:48.90</b>	<b>01:17:48.90</b>	+00:14:00 (18.0%)	6:29	9.3 (82.3%)
16	<b>BIELECKI Szczepan</b>	<b>1407</b>	WRÓBELKI	M 35	5	00:27:39		<b>01:17:50.65</b>	<b>01:17:50.65</b>	+00:14:02 (18.0%)	6:29	9.3 (82.3%)
17	<b>OLECH Tomasz</b>	<b>1466</b>	POLISH RUNNERS CLUB IRELAND	M 36-44	10	00:27:48		<b>01:18:05.70</b>	<b>01:18:05.70</b>	+00:14:17 (18.3%)	6:30	9.2 (81.4%)
18	<b>PAWŁOWSKI Michał</b>	<b>1507</b>		M 35	6	00:28:14		<b>01:18:49.45</b>	<b>01:18:49.45</b>	+00:15:00 (19.0%)	6:34	9.1 (80.5%)
19	<b>PSZCZÓŁKA Dominik</b>	<b>1508</b>	GUT TEAM	M 36-44	11	00:28:40		<b>01:19:41.00</b>	<b>01:19:41.00</b>	+00:15:52 (19.9%)	6:38	9 (79.6%)
20	<b>SIOŁA Rafał</b>	<b>1479</b>		M 35	7	00:30:20		<b>01:20:18.95</b>	<b>01:20:18.95</b>	+00:16:30 (20.6%)	6:41	9 (79.6%)
21	<b>SMUTEK Piotr</b>	<b>1482</b>		M 35	8	00:28:12		<b>01:21:26.80</b>	<b>01:21:26.80</b>	+00:17:38 (21.7%)	6:47	8.8 (77.9%)
22	<b>TYSZKIEWICZ Krzysztof</b>	<b>1488</b>	SKAWINA BIEGA	M 45-59	2	00:30:56		<b>01:23:25.05</b>	<b>01:23:25.05</b>	+00:19:36 (23.5%)	6:57	8.6 (76.1%)
23	<b>BIESZCZAD Magdalena</b>	<b>1408</b>	TRESERTEAM	K 36-44	1	00:31:11		<b>01:23:26.40</b>	<b>01:23:26.40</b>	+00:19:37 (23.5%)	6:57	8.6 (76.1%)
24	<b>BISKUP Paweł</b>	<b>1409</b>		M 36-44	12	00:30:09		<b>01:25:08.85</b>	<b>01:25:08.85</b>	+00:21:20 (25.1%)	7:05	8.5 (75.2%)
25	<b>KLOC Mateusz</b>	<b>1435</b>		M 35	9	00:31:37		<b>01:25:42.60</b>	<b>01:25:42.60</b>	+00:21:54 (25.6%)	7:08	8.4 (74.3%)
26	<b>GOŁDYN Mateusz</b>	<b>1422</b>		M 35	10	00:29:46		<b>01:26:17.90</b>	<b>01:26:17.90</b>	+00:22:29 (26.1%)	7:11	8.3 (73.5%)
27	<b>FLORIAN Sabina</b>	<b>1420</b>		K 35	1	00:30:54		<b>01:26:53.90</b>	<b>01:26:53.90</b>	+00:23:05 (26.6%)	7:14	8.3 (73.5%)
28	<b>MAZURO Monika</b>	<b>1461</b>	KLUB BIEGACZA LIDZBARK WARMIŃSKI/ ZALINIAMETY	K 36-44	2	00:30:57		<b>01:27:38.75</b>	<b>01:27:38.75</b>	+00:23:50 (27.2%)	7:18	8.2 (72.6%)
29	<b>LEWANDOWSKI Michał</b>	<b>1451</b>		M 35	11	00:32:31		<b>01:27:56.05</b>	<b>01:27:56.05</b>	+00:24:07 (27.4%)	7:19	8.2 (72.6%)
30	<b>SADO Tomasz</b>	<b>1477</b>	AZS AWF MASTERS KRAKÓW	M 35	12	00:30:44		<b>01:28:02.90</b>	<b>01:28:02.90</b>	+00:24:14 (27.5%)	7:20	8.2 (72.6%)
31	<b>WRÓBEL Jakub</b>	<b>1499</b>	GRUŻLIKI GÓRSKIE	M 36-44	13	00:30:50		<b>01:28:07.30</b>	<b>01:28:07.30</b>	+00:24:18 (27.6%)	7:20	8.2 (72.6%)
32	<b>WOŹNIAK Janusz</b>	<b>1498</b>		M 45-59	3	00:32:19		<b>01:28:23.05</b>	<b>01:28:23.05</b>	+00:24:34 (27.8%)	7:21	8.1 (71.7%)
33	<b>KAPUTA Piotr</b>	<b>1434</b>		M 35	13	00:32:11		<b>01:29:00.70</b>	<b>01:29:00.70</b>	+00:25:12 (28.3%)	7:25	8.1 (71.7%)
34	<b>ZENG Yi</b>	<b>1501</b>	WARSAW INTERNATIONAL TRIATHLON CLUB	M 35	14	00:32:14		<b>01:29:59.45</b>	<b>01:29:59.45</b>	+00:26:10 (29.1%)	7:29	8 (70.8%)
35	<b>MAZUR Agnieszka</b>	<b>1460</b>		K 45-59	2	00:33:25		<b>01:30:20.20</b>	<b>01:30:20.20</b>	+00:26:31 (29.4%)	7:31	8 (70.8%)
36	<b>SOBON Szymon</b>	<b>1483</b>		M 35	15	00:32:50		<b>01:30:28.70</b>	<b>01:30:28.70</b>	+00:26:40 (29.5%)	7:32	8 (70.8%)
37	<b>MARSZAŁEK Dariusz</b>	<b>1459</b>	MCP TEAM	M 45-59	4	00:32:33		<b>01:30:46.60</b>	<b>01:30:46.60</b>	+00:26:58 (29.7%)	7:33	7.9 (69.9%)

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					
38	<b>WILK Maciej</b>	<b>1493</b>		M 36-44	14	00:32:38		<b>01:31:32.80</b>	<b>01:31:32.80</b>	+00:27:44 (30.3%)	7:37	7.9 (69.9%)
39	<b>GRZECHYNKA Agnieszka</b>	<b>1425</b>		K 36-44	3	00:32:30		<b>01:32:08.70</b>	<b>01:32:08.70</b>	+00:28:20 (30.8%)	7:40	7.8 (69.0%)
40	<b>KOPIENIAK Emil</b>	<b>1440</b>	TRĄBIKI	M 35	16	00:31:06		<b>01:32:31.70</b>	<b>01:32:31.70</b>	+00:28:43 (31.0%)	7:42	7.8 (69.0%)
41	<b>CHODKIEWICZ Anna</b>	<b>1412</b>		K 36-44	4	00:33:19		<b>01:37:01.90</b>	<b>01:37:01.90</b>	+00:33:13 (34.2%)	8:05	7.4 (65.5%)
42	<b>RAKOWSKA Agnieszka</b>	<b>1474</b>		K 36-44	5	00:33:42		<b>01:37:29.15</b>	<b>01:37:29.15</b>	+00:33:40 (34.5%)	8:07	7.4 (65.5%)
43	<b>JAGLARZ Jarosław</b>	<b>1428</b>		M 45-59	5	00:34:40		<b>01:38:33.80</b>	<b>01:38:33.80</b>	+00:34:45 (35.3%)	8:12	7.3 (64.6%)
44	<b>HRYC Martyna</b>	<b>1427</b>	SALCO GARMIN TEAM JUNIOR	K 35	2	00:35:27		<b>01:39:08.65</b>	<b>01:39:08.65</b>	+00:35:20 (35.6%)	8:15	7.3 (64.6%)
45	<b>RAJCA Monika</b>	<b>1473</b>		K 35	3	00:38:41		<b>01:39:16.20</b>	<b>01:39:16.20</b>	+00:35:27 (35.7%)	8:16	7.3 (64.6%)
46	<b>KUCZMA Urszula</b>	<b>1447</b>	WARSAW INTERNATIONAL TRIATHLON CLUB	K 35	4	00:34:32		<b>01:39:28.35</b>	<b>01:39:28.35</b>	+00:35:39 (35.9%)	8:17	7.2 (63.7%)
47	<b>PAWLISZAK Ewa</b>	<b>1471</b>	WRÓBELKI	K 35	5	00:36:11		<b>01:39:57.00</b>	<b>01:39:57.00</b>	+00:36:08 (36.2%)	8:19	7.2 (63.7%)
48	<b>BANAŚ Andrzej</b>	<b>1405</b>	WRÓBELKI	M 35	17	00:36:13		<b>01:39:58.15</b>	<b>01:39:58.15</b>	+00:36:09 (36.2%)	8:19	7.2 (63.7%)
49	<b>SYLWESTROWICZ Anna</b>	<b>1485</b>	WRÓBELKI	K 35	6	00:36:12		<b>01:40:01.40</b>	<b>01:40:01.40</b>	+00:36:12 (36.2%)	8:20	7.2 (63.7%)
50	<b>KUBAS Grzegorz</b>	<b>1446</b>	PAPESY	M 45-59	6	00:35:29		<b>01:44:20.50</b>	<b>01:44:20.50</b>	+00:40:31 (38.8%)	8:41	6.9 (61.1%)
51	<b>SASIMOWSKA Zofia</b>	<b>1511</b>		K 35	7	00:35:07		<b>01:44:32.10</b>	<b>01:44:32.10</b>	+00:40:43 (39.0%)	8:42	6.9 (61.1%)
52	<b>SOSZYŃSKI Krzysztof</b>	<b>1484</b>	PĘDZĄCY JEŻ	M 45-59	7	00:37:01		<b>01:45:09.05</b>	<b>01:45:09.05</b>	+00:41:20 (39.3%)	8:45	6.8 (60.2%)
53	<b>BEDNARSKA Beata</b>	<b>1406</b>		K 36-44	6	00:38:09		<b>01:45:13.05</b>	<b>01:45:13.05</b>	+00:41:24 (39.4%)	8:46	6.8 (60.2%)
54	<b>MALIK Szymon</b>	<b>1455</b>		M 45-59	8	00:38:10		<b>01:45:22.60</b>	<b>01:45:22.60</b>	+00:41:34 (39.4%)	8:46	6.8 (60.2%)
55	<b>AUGUSTYNOWICZ Andrzej</b>	<b>1403</b>	RCI BYDGOSZCZ	M 45-59	9	00:35:32		<b>01:45:33.20</b>	<b>01:45:33.20</b>	+00:41:44 (39.5%)	8:47	6.8 (60.2%)
56	<b>PAŁKA Anna</b>	<b>1469</b>	KB PARANTELA	K 36-44	7	00:38:45		<b>01:46:00.40</b>	<b>01:46:00.40</b>	+00:42:11 (39.8%)	8:50	6.8 (60.2%)
57	<b>BAJERA Aneta</b>	<b>1404</b>	BAJERA TEAM	K 35	8	00:38:34		<b>01:46:01.00</b>	<b>01:46:01.00</b>	+00:42:12 (39.8%)	8:50	6.8 (60.2%)
58	<b>GOŁDYN Agata</b>	<b>1421</b>		K 36-44	8	00:39:05		<b>01:48:12.35</b>	<b>01:48:12.35</b>	+00:44:23 (41.0%)	9:01	6.7 (59.3%)
59	<b>RUSNARCZYK Kinga</b>	<b>1506</b>	KS GORC	K 36-44	9	00:39:04		<b>01:48:30.25</b>	<b>01:48:30.25</b>	+00:44:41 (41.2%)	9:02	6.6 (58.4%)
60	<b>KRUSZEWSKA Ewa</b>	<b>1445</b>	MARKOWI BIEGACZE	K 45-59	3	00:39:36		<b>01:48:38.15</b>	<b>01:48:38.15</b>	+00:44:49 (41.3%)	9:03	6.6 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Gorcem 3km		netto 12km	brutto 12km			
61	WINIARSKI Michał	1495		M 36-44	15	00:38:20		01:48:38.95	01:48:38.95	+00:44:50 (41.3%)	9:03	6.6 (58.4%)
62	SMÓŁKOWSKA Iwona	1481	RUMIA RUNNER TEAM	K 36-44	10	00:39:06		01:48:59.85	01:48:59.85	+00:45:11 (41.5%)	9:04	6.6 (58.4%)
63	OŻAŃSKI Artur	1512	EULEO BIEGA	M 36-44	16	00:38:19		01:49:16.20	01:49:16.20	+00:45:27 (41.6%)	9:06	6.6 (58.4%)
64	ARASZKIEWICZ Michał	1400	WINNICZKI	M 36-44	17	00:34:47		01:49:23.70	01:49:23.70	+00:45:35 (41.7%)	9:06	6.6 (58.4%)
65	SIOŁA Franciszek	1478		M 60+	1	00:38:44		01:50:13.00	01:50:13.00	+00:46:24 (42.1%)	9:11	6.5 (57.5%)
66	KUMOR Anna	1448		K 35	9	00:39:16		01:50:29.80	01:50:29.80	+00:46:41 (42.3%)	9:12	6.5 (57.5%)
67	UCHEREK Kinga	1489		K 36-44	11	00:39:17		01:50:39.20	01:50:39.20	+00:46:50 (42.3%)	9:13	6.5 (57.5%)
68	SASIMOWSKA Antonina	1514		K 35	10	00:36:31		01:54:00.45	01:54:00.45	+00:50:11 (44.0%)	9:30	6.3 (55.8%)
69	SASIMOWSKA Małgorzata	1516		K 45-59	4	00:36:31		01:54:03.95	01:54:03.95	+00:50:15 (44.1%)	9:30	6.3 (55.8%)
70	DROGOŃ Patryk	1417		M 35	18	00:42:29		01:54:43.85	01:54:43.85	+00:50:55 (44.4%)	9:33	6.3 (55.8%)
71	SKRZYPEK Patrycja	1480		K 35	11	00:41:21		01:54:55.40	01:54:55.40	+00:51:06 (44.5%)	9:34	6.3 (55.8%)
72	AUGUSTYNOWICZ Aurelia	1402		K 45-59	5	00:39:01		01:57:45.35	01:57:45.35	+00:53:56 (45.8%)	9:48	6.1 (54.0%)
73	BOLIŃSKA-GOSTKOWSKA Ewa	1410		K 36-44	12	00:38:35		01:58:55.30	01:58:55.30	+00:55:06 (46.3%)	9:54	6.1 (54.0%)
74	LACHOWICZ Marcin	1450		M 36-44	18	00:37:58		01:59:39.00	01:59:39.00	+00:55:50 (46.7%)	9:58	6 (53.1%)
75	MARKIEWICZ Urszula	1456		K 35	12	00:42:40		02:00:00.40	02:00:00.40	+00:56:11 (46.8%)	10:00	6 (53.1%)
76	MARKIEWICZ Agnieszka	1457		K 35	13	00:42:43		02:00:00.80	02:00:00.80	+00:56:12 (46.8%)	10:00	6 (53.1%)
77	HOLLOSI Judit	1059		K 36-44	13	00:40:13		02:02:28.65	02:02:28.65	+00:58:40 (47.9%)	10:12	5.9 (52.2%)
78	HOFF Emilia	1426	BAJERA TEAM	K 45-59	6	00:41:23		02:02:53.90	02:02:53.90	+00:59:05 (48.1%)	10:14	5.9 (52.2%)
79	WOŹNIAK Lidia	1497		K 45-59	7	00:42:43		02:04:14.45	02:04:14.45	+01:00:25 (48.6%)	10:21	5.8 (51.3%)
80	KURZEJA Michał	1449	MYENDURANCETEAM	M 35	19	00:23:05	01:00:00	02:04:24.75	02:04:24.75	+01:00:36 (48.7%)	5:22	11.2 (99.1%)
81	CZERWINSKI Krzysztof	1414		M 45-59	10	00:45:36		02:05:03.35	02:05:03.35	+01:01:14 (49.0%)	10:25	5.8 (51.3%)
82	OSIAL Anita	1467	PŁOŃSZCZANKI	K 36-44	14	00:44:40		02:05:52.55	02:05:52.55	+01:02:03 (49.3%)	10:29	5.7 (50.4%)
83	MŁOCKA Agata	1463		K 35	14	00:44:01		02:06:26.05	02:06:26.05	+01:02:37 (49.5%)	10:32	5.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polana pod	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Gorcem 3km		netto 12km	brutto 12km			
84	DYR Jerzy	1418		M 45-59	11	00:41:42		02:07:13.45	02:07:13.45	+01:03:24 (49.8%)	10:36	5.7 (50.4%)
85	WAŚOWSKA Jagoda	1517		K 45-59	8	00:43:29		02:08:18.50	02:08:18.50	+01:04:29 (50.3%)	10:41	5.6 (49.6%)
86	KORSAK Agata	1441		K 36-44	15	00:42:35		02:08:34.95	02:08:34.95	+01:04:46 (50.4%)	10:42	5.6 (49.6%)
87	MAJDYŚ Wojciech	1452		M 45-59	12	00:43:37		02:09:46.30	02:09:46.30	+01:05:57 (50.8%)	10:48	5.5 (48.7%)
88	NICIEJA Anna	1464		K 36-44	16	00:43:37		02:09:46.40	02:09:46.40	+01:05:57 (50.8%)	10:48	5.5 (48.7%)
89	KOWALEWSKA Dorota	1442	SPARTANIE DZIECIOM	K 45-59	9	00:43:32		02:10:06.15	02:10:06.15	+01:06:17 (51.0%)	10:50	5.5 (48.7%)
90	FALKOWSKA Marianna	1419		K 35	15	00:45:14		02:11:18.85	02:11:18.85	+01:07:30 (51.4%)	10:56	5.5 (48.7%)
91	MIERCZYK Agnieszka	1462		K 36-44	17	00:39:07		02:12:16.60	02:12:16.60	+01:08:28 (51.8%)	11:01	5.4 (47.8%)
92	KACZMAREK Jolanta	1433	KBKS RADOMSKO	K 36-44	18	00:43:31		02:13:14.35	02:13:14.35	+01:09:25 (52.1%)	11:06	5.4 (47.8%)
93	KLUZA-WIECZOREK Ewa	1436	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	K 36-44	19	00:43:31		02:13:16.30	02:13:16.30	+01:09:27 (52.1%)	11:06	5.4 (47.8%)
94	ARMATA Krzysztof	1401		M 36-44	19	00:44:05		02:13:32.10	02:13:32.10	+01:09:43 (52.2%)	11:07	5.4 (47.8%)
95	MAKARA Dorota	1453	MAMY TO	K 45-59	10	00:46:41		02:13:33.00	02:13:33.00	+01:09:44 (52.2%)	11:07	5.4 (47.8%)
96	JARMOSZKO Ewa	1430	TRIWAWA	K 35	16	00:50:22		02:15:09.20	02:15:09.20	+01:11:20 (52.8%)	11:15	5.3 (46.9%)
96	JARMOSZKO Marian	1429	TRIWAWA	M 36-44	20	00:50:24		02:15:09.20	02:15:09.20	+01:11:20 (52.8%)	11:15	5.3 (46.9%)
98	CEPIELIK Karolina	1411	BBL KROSNO ODRZAŃSKIE	K 36-44	20	00:49:21		02:20:49.20	02:20:49.20	+01:17:00 (54.7%)	11:44	5.1 (45.1%)
99	DĄBEK Emilia	1416	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K 36-44	21	00:49:22		02:20:49.30	02:20:49.30	+01:17:00 (54.7%)	11:44	5.1 (45.1%)
100	REGUŁA Klaudia	1475		K 35	17	00:47:57		02:22:37.05	02:22:37.05	+01:18:48 (55.3%)	11:53	5 (44.2%)
101	ZIMOLAG Dominika	1503	NH TEAM	K 36-44	22	00:49:26		02:27:34.45	02:27:34.45	+01:23:45 (56.8%)	12:17	4.9 (43.4%)
101	KOBOS Beata	1437		K 35	18	00:49:55		02:27:34.45	02:27:34.45	+01:23:45 (56.8%)	12:17	4.9 (43.4%)
103	JANISZEWSKI Andrzej	1063		M 60+	2	00:41:57		02:29:26.95	02:29:26.95	+01:25:38 (57.3%)	12:27	4.8 (42.5%)
104	REGUŁA Piotr	1476		M 45-59	13	00:49:48		02:38:13.20	02:38:13.20	+01:34:24 (59.7%)	13:11	4.6 (40.7%)
105	MAKOS Adam	1454	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 45-59	14	00:49:40		02:38:13.40	02:38:13.40	+01:34:24 (59.7%)	13:11	4.6 (40.7%)
106	WINDER Agnieszka	1494		K 36-44	23	00:56:21		02:39:20.30	02:39:20.30	+01:35:31 (60.0%)	13:16	4.5 (39.8%)

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>JARMOSZKO Rafał</b>	<b>1431</b>	TRIWAWA	M 35	20	00:50:28		<b>02:40:34.00</b>	<b>02:40:34.00</b>	+01:36:45 (60.3%)	13:22	4.5 (39.8%)
108	<b>JARMOSZKO Anna</b>	<b>1432</b>	TRIWAWA	K 36-44	24	00:50:24		<b>02:40:34.35</b>	<b>02:40:34.35</b>	+01:36:45 (60.3%)	13:22	4.5 (39.8%)
109	<b>WOJCIECHOWSKA Monika</b>	<b>1496</b>		K 36-44	25	00:49:56		<b>02:42:33.55</b>	<b>02:42:33.55</b>	+01:38:44 (60.7%)	13:32	4.4 (38.9%)
<b>Przekroczony limit czasu: 03:00:00</b>												
110	<b>CZECHOWSKI Jerzy</b>	<b>1413</b>	MZA - WARSZAWA	M 60+	3	01:04:36		<b>03:22:25.45</b>	<b>03:22:25.45</b>	+02:18:36 (68.5%)	16:52	3.6 (31.9%)

Znaleziono 110 wynik(ów)