



GORCE ULTRA-TRAIL® 12 KM

B4SPORT

Wydarzenie: Gorce Ultra-Trail
Organizator: Fundacja Run Vegan - GUT
Data: 2023-08-04
Miejsce: Ochotnica Dolna
Dystans: 12 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
1	WRÓBEL Przemysław	1544	SPARROW TEAM	M 36-45	1		00:23:52	01:06:16.85	01:06:16.85		5:18	11.3 (100%)
2	PACHUT Maksymilian	1500	MY ENDURANCE COACHING TEAM	M 18-35	1		00:23:04	01:07:14.05	01:07:14.05	+00:00:57 (1.4%)	5:22	11.2 (99.1%)
3	URBAN Mirosław	1534	ITMBW KRAKÓW	M 36-45	2		00:24:08	01:07:32.70	01:07:32.70	+00:01:15 (1.9%)	5:24	11.1 (98.2%)
4	OGÓREK Monika	1498	MKL BRYGADA BESKIDÓW	K 18-35	1		00:25:34	01:10:05.40	01:10:05.40	+00:03:48 (5.4%)	5:36	10.7 (94.7%)
5	PAWŁOWSKI Michał	1505		M 18-35	2		00:24:17	01:10:18.45	01:10:18.45	+00:04:01 (5.7%)	5:37	10.7 (94.7%)
6	CHLIPAŁA Bartłomiej	1412	MKL BRYGADA BESKIDÓW	M 18-35	3		00:24:11	01:10:46.50	01:10:46.50	+00:04:29 (6.3%)	5:39	10.6 (93.8%)
7	BUŻNIAK Arkadiusz	1410	MKL BRYGADA BESKIDÓW	M 36-45	3		00:25:12	01:11:20.25	01:11:20.25	+00:05:03 (7.1%)	5:42	10.5 (92.9%)
8	ŁACNY Łukasz	1481		M 18-35	4		00:26:20	01:12:54.00	01:12:54.00	+00:06:37 (9.1%)	5:49	10.3 (91.2%)
9	PŁOSKONKA Jakub	1556	TRAIL IS OUR WAY	M 18-35	5		00:24:56	01:12:56.25	01:12:56.25	+00:06:39 (9.1%)	5:50	10.3 (91.2%)
10	PAŁKA Tomasz	1501	KB PARANTELA	M 46-55	1	KB Parantela	00:27:29	01:14:46.25	01:14:46.25	+00:08:29 (11.4%)	5:58	10 (88.5%)
11	IWANICKI Krzysztof	1548	WM TRISELF	M 36-45	4		00:24:23	01:15:02.75	01:15:02.75	+00:08:45 (11.7%)	6:00	10 (88.5%)
12	JARMOLIŃSKI Piotr	1449	MARCIN ŚWIERC TEAM	M 46-55	2		00:27:20	01:16:34.45	01:16:34.45	+00:10:17 (13.4%)	6:07	9.8 (86.7%)
13	BOLECHOWSKA Dominika	1404		K 46-55	1	Alpin Sport Team	00:27:25	01:17:44.55	01:17:44.55	+00:11:27 (14.7%)	6:13	9.6 (85.0%)
14	GOŁDYN Piotr	1436	PROJEKT 1000UP	M 46-55	3	Projekt 100UP	00:26:48	01:18:46.90	01:18:46.90	+00:12:30 (15.9%)	6:18	9.5 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
15	LIS-PASIONEK Małgorzata	1473	LESKO BIEGA	K 36-45	1		00:27:10	01:20:56.90	01:20:56.90	+00:14:40 (18.1%)	6:28	9.3 (82.3%)
16	JĘZYK Marek	1453	KS LIMANOWA FORREST/MY ENDURANCE COACHING	M 18-35	6		00:27:33	01:21:37.20	01:21:37.20	+00:15:20 (18.8%)	6:31	9.2 (81.4%)
17	KRAWCZYK Sebastian	1463		M 36-45	5		00:29:16	01:23:20.15	01:23:20.15	+00:17:03 (20.5%)	6:40	9 (79.6%)
18	JETHON Patryk	1452	ITMBW KRAKÓW	M 18-35	7	ITMBW Kraków	00:29:29	01:24:28.10	01:24:28.10	+00:18:11 (21.5%)	6:45	8.9 (78.8%)
19	GOŁDYN Michał	1438	PROJEKT 1000UP	M 18-35	8	Projekt 1000UP	00:29:50	01:24:38.35	01:24:38.35	+00:18:21 (21.7%)	6:46	8.9 (78.8%)
20	ŁUKASIK Sylwia	1482		K 18-35	2		00:30:48	01:24:54.85	01:24:54.85	+00:18:38 (21.9%)	6:47	8.8 (77.9%)
21	GJASIC Luka	1558		M 18-35	9		00:26:22	01:25:07.05	01:25:07.05	+00:18:50 (22.1%)	6:48	8.8 (77.9%)
22	NIEWIADOMY Kazimierz	1497		M 36-45	6		00:30:47	01:26:11.70	01:26:11.70	+00:19:54 (23.1%)	6:53	8.7 (77.0%)
23	BORK Łukasz	1405	GRUPA DRUHA BORUCHA	M 36-45	7	Mamy To	00:31:00	01:26:21.15	01:26:21.15	+00:20:04 (23.2%)	6:54	8.7 (77.0%)
24	KLIMCZAK Bogdan	1457		M 36-45	8		00:30:06	01:27:25.45	01:27:25.45	+00:21:08 (24.2%)	6:59	8.6 (76.1%)
25	PIÓRKOWSKI Michał	1555	GÓRAL Z MAZUR RUNNING	M 36-45	9		00:29:36	01:27:34.25	01:27:34.25	+00:21:17 (24.3%)	7:00	8.6 (76.1%)
26	KOWALSKI Michał	1460	POLKAS	M 18-35	10		00:29:33	01:27:48.70	01:27:48.70	+00:21:31 (24.5%)	7:01	8.5 (75.2%)
27	JANDURA Norbert	1446		M 18-35	11		00:30:29	01:28:15.40	01:28:15.40	+00:21:58 (24.9%)	7:03	8.5 (75.2%)
28	SADO Tomasz	1533		M 18-35	12		00:31:04	01:28:15.60	01:28:15.60	+00:21:58 (24.9%)	7:03	8.5 (75.2%)
29	POLAKIEWICZ Paulina	1507	WICHROWE SKALISKO	K 36-45	2		00:30:32	01:28:55.15	01:28:55.15	+00:22:38 (25.5%)	7:06	8.4 (74.3%)
30	SZCZEPANEK Kamil	1528		M 18-35	13		00:30:50	01:29:26.10	01:29:26.10	+00:23:09 (25.9%)	7:09	8.4 (74.3%)
31	BEDNAREK Karolina	1400		K 36-45	3		00:29:49	01:29:40.90	01:29:40.90	+00:23:24 (26.1%)	7:10	8.4 (74.3%)
32	ŁUKASZCZYK Marek	1483		M 18-35	14		00:31:09	01:29:52.60	01:29:52.60	+00:23:35 (26.3%)	7:11	8.3 (73.5%)
33	RYŻYŃSKA Paulina	1515		K 18-35	3			01:30:49.00	01:30:49.00	+00:24:32 (27.0%)	7:15	8.3 (73.5%)
34	MALINOWSKI Łukasz	1486		M 36-45	10		00:33:07	01:31:01.15	01:31:01.15	+00:24:44 (27.2%)	7:16	8.2 (72.6%)
35	GOŁDYN Mateusz	1439	PROJEKT 1000UP	M 18-35	15	Projekt 1000UP	00:29:19	01:32:23.20	01:32:23.20	+00:26:06 (28.3%)	7:23	8.1 (71.7%)
36	WOŹNIAK Janusz	1542	PORMAT JEDLICZE BIEGA	M 56+	1		00:33:03	01:34:10.05	01:34:10.05	+00:27:53 (29.6%)	7:32	8 (70.8%)
37	JANUSZ Paweł	1447		M 46-55	4		00:32:54	01:37:11.30	01:37:11.30	+00:30:54 (31.8%)	7:46	7.7 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
38	SMUDA Maciek	1524		M 18-35	16		00:33:03	01:37:30.95	01:37:30.95	+00:31:14 (32.0%)	7:48	7.7 (68.1%)
39	CHOJNACKI Mikołaj	1414	WARSAW RUN CLUB	M 36-45	11		00:36:26	01:39:18.80	01:39:18.80	+00:33:01 (33.3%)	7:56	7.6 (67.3%)
40	IWANICKI Jan	1443		M 56+	2		00:32:24	01:40:52.65	01:40:52.65	+00:34:35 (34.3%)	8:04	7.4 (65.5%)
41	CZARNECKA Katarzyna	1418		K 18-35	4		00:34:51	01:40:54.30	01:40:54.30	+00:34:37 (34.3%)	8:04	7.4 (65.5%)
42	SKALSKI Grzegorz	1522	KOCHAM GOSIĘ	M 46-55	5		00:35:26	01:41:04.60	01:41:04.60	+00:34:47 (34.4%)	8:05	7.4 (65.5%)
43	LORENZ Anna	1474	#ADAMCZERWIŃSKITEAM	K 36-45	4		00:37:11	01:42:15.25	01:42:15.25	+00:35:58 (35.2%)	8:10	7.3 (64.6%)
44	KLIMCZAK Joanna	1456	SPRINTER	K 36-45	5		00:35:49	01:42:43.20	01:42:43.20	+00:36:26 (35.5%)	8:13	7.3 (64.6%)
45	APANOWICZ Angelika	1499		K 46-55	2		00:35:17	01:43:33.45	01:43:33.45	+00:37:16 (36.0%)	8:17	7.2 (63.7%)
46	KURZAWA Maria	1467	CB163	K 18-35	5		00:33:31	01:44:08.70	01:44:08.70	+00:37:51 (36.4%)	8:19	7.2 (63.7%)
47	NIEMIEC-DRWIĘGA Bernadeta	1496		K 46-55	3		00:36:48	01:44:32.95	01:44:32.95	+00:38:16 (36.6%)	8:21	7.2 (63.7%)
48	MOLITORYS Marek	1494		M 46-55	6		00:35:52	01:44:43.00	01:44:43.00	+00:38:26 (36.7%)	8:22	7.2 (63.7%)
49	SETLAK Aleksander	1516		M 18-35	17		00:34:44	01:45:51.50	01:45:51.50	+00:39:34 (37.4%)	8:28	7.1 (62.8%)
50	WAJDA Patryk	1535		M 18-35	18		00:34:45	01:45:51.70	01:45:51.70	+00:39:34 (37.4%)	8:28	7.1 (62.8%)
51	PASIONEK Bartłomiej	1504	LESKO BIEGA	M 36-45	12		00:32:38	01:46:04.35	01:46:04.35	+00:39:47 (37.5%)	8:29	7.1 (62.8%)
52	PASIECZNY Szymon	1503		M 18-35	19		00:39:42	01:46:10.95	01:46:10.95	+00:39:54 (37.6%)	8:29	7.1 (62.8%)
53	JAGLARZ Michał	1445		M 18-35	20		00:36:51	01:46:16.40	01:46:16.40	+00:39:59 (37.6%)	8:30	7.1 (62.8%)
54	ZIMNY Tomasz	1547	FARTY PUSZCZY	M 56+	3		00:40:23	01:46:24.05	01:46:24.05	+00:40:07 (37.7%)	8:30	7 (61.9%)
55	JAGLARZ Jarosław	1444		M 56+	4		00:36:08	01:46:43.30	01:46:43.30	+00:40:26 (37.9%)	8:32	7 (61.9%)
56	FICEK Waldemar	1430	POLKAS	M 36-45	13		00:35:02	01:46:50.00	01:46:50.00	+00:40:33 (38.0%)	8:32	7 (61.9%)
57	DANIELSKA Lidia	1421	CROSSRAGE	K 36-45	6		00:37:27	01:47:06.05	01:47:06.05	+00:40:49 (38.1%)	8:34	7 (61.9%)
58	JURKOWSKI Jan	1454		M 46-55	7		00:37:38	01:47:10.70	01:47:10.70	+00:40:53 (38.2%)	8:34	7 (61.9%)
59	TOKARZ Adrian	1532	DZIKIE MUSTANGI	M 36-45	14		00:38:08	01:47:12.75	01:47:12.75	+00:40:55 (38.2%)	8:34	7 (61.9%)
60	KUKLA Katarzyna	1465		K 36-45	7		00:36:30	01:47:13.10	01:47:13.10	+00:40:56 (38.2%)	8:34	7 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
61	KUKLA Grzegorz	1466		M 46-55	8		00:36:31	01:47:13.40	01:47:13.40	+00:40:56 (38.2%)	8:34	7 (61.9%)
62	CHMIEL Bożena	1413	DZIKIE MUSTANGI	K 36-45	8		00:38:10	01:47:21.10	01:47:21.10	+00:41:04 (38.3%)	8:35	7 (61.9%)
63	CHRYCZYK Wojciech	1415	RYCERZYK TEAM	M 18-35	21		00:35:00	01:48:07.65	01:48:07.65	+00:41:50 (38.7%)	8:38	6.9 (61.1%)
64	SOKOŁOWSKA Anna	1525		K 18-35	6		00:37:46	01:48:25.15	01:48:25.15	+00:42:08 (38.9%)	8:40	6.9 (61.1%)
65	PAŁKA Anna	1502	KB PARANTELA	K 36-45	9		00:37:22	01:48:41.00	01:48:41.00	+00:42:24 (39.0%)	8:41	6.9 (61.1%)
66	STADLER Katarzyna	1526	GANG ZAKRĘCONYCH MASTERSÓW	K 46-55	4		00:36:03	01:48:58.10	01:48:58.10	+00:42:41 (39.2%)	8:43	6.9 (61.1%)
67	GARBACZ Adrian	1432		M 18-35	22		00:38:15	01:49:46.30	01:49:46.30	+00:43:29 (39.6%)	8:46	6.8 (60.2%)
68	ŁACINA Kamil	1480		M 36-45	15		00:37:22	01:50:14.05	01:50:14.05	+00:43:57 (39.9%)	8:49	6.8 (60.2%)
69	GOŁDYN Agata	1437	PROJEKT 1000UP	K 46-55	5	Projekt 1000UP	00:39:05	01:50:24.95	01:50:24.95	+00:44:08 (40.0%)	8:49	6.8 (60.2%)
70	RATAJCZAK Konrad	1510	TROCHĘ JUŻ BIEGAM,)	M 36-45	16		00:38:17	01:51:12.30	01:51:12.30	+00:44:55 (40.4%)	8:53	6.7 (59.3%)
71	PRASZCZYK Klaudia	1509		K 18-35	7		00:35:50	01:51:18.75	01:51:18.75	+00:45:01 (40.5%)	8:54	6.7 (59.3%)
72	ZAGÓRSKI Paweł	1545		M 36-45	17		00:36:05	01:52:26.90	01:52:26.90	+00:46:10 (41.1%)	8:59	6.7 (59.3%)
73	LESZCZYŃSKA Agnieszka	1471	LASY WAWERSKIE	K 36-45	10		00:36:37	01:53:41.60	01:53:41.60	+00:47:24 (41.7%)	9:05	6.6 (58.4%)
74	KLAPENDA Mariusz	1455	MARIO TEAM	M 46-55	9		00:33:05	01:53:49.60	01:53:49.60	+00:47:32 (41.8%)	9:06	6.6 (58.4%)
75	IDZIAK Gwido	1557	#R	M 46-55	10		00:39:29	01:53:51.15	01:53:51.15	+00:47:34 (41.8%)	9:06	6.6 (58.4%)
76	LUBOŃ Michał	1475	#GH	M 36-45	18	#GH	00:38:54	01:53:56.65	01:53:56.65	+00:47:39 (41.8%)	9:06	6.6 (58.4%)
77	MŁOCKA Agata	1549		K 36-45	11		00:37:42	01:54:29.20	01:54:29.20	+00:48:12 (42.1%)	9:09	6.6 (58.4%)
78	BRATKO-SETKOWICZ Alina	1406		K 18-35	8		00:40:26	01:54:32.30	01:54:32.30	+00:48:15 (42.1%)	9:09	6.5 (57.5%)
79	LISOWSKA Izabela	1472		K 46-55	6		00:39:56	01:54:35.05	01:54:35.05	+00:48:18 (42.2%)	9:10	6.5 (57.5%)
80	CZAPCZYŃSKA Iwona	1417		K 46-55	7		00:39:20	01:54:39.00	01:54:39.00	+00:48:22 (42.2%)	9:10	6.5 (57.5%)
81	MAŁCZAK Szymon	1487	OINKOINK	M 36-45	19	OinkOink	00:41:16	01:55:48.05	01:55:48.05	+00:49:31 (42.8%)	9:15	6.5 (57.5%)
82	MAŁCZAK Piotr	1488	OINKOINK	M 18-35	23		00:41:15	01:55:48.35	01:55:48.35	+00:49:31 (42.8%)	9:15	6.5 (57.5%)
83	LUPA Lidia	1479		K 18-35	9		00:40:24	01:56:17.85	01:56:17.85	+00:50:01 (43.0%)	9:18	6.4 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
84	KOZA Magdalena	1461	SOK Z GÓR	K 36-45	12		00:40:00	01:56:35.45	01:56:35.45	+00:50:18 (43.2%)	9:19	6.4 (56.6%)
85	MIŚKIEWICZ Martyna	1492	UKS SIÓDEMKA RUMIA	K 18-35	10		00:38:41	01:57:00.40	01:57:00.40	+00:50:43 (43.4%)	9:21	6.4 (56.6%)
86	MAKARA Dorota	1485	MAMY TO	K 46-55	8	Mamy To	00:40:38	01:57:39.15	01:57:39.15	+00:51:22 (43.7%)	9:24	6.4 (56.6%)
87	SIOŁA Franciszek	1518		M 56+	5		00:39:07	01:59:59.95	01:59:59.95	+00:53:43 (44.8%)	9:35	6.3 (55.8%)
88	MOLENDĄ Małgorzata	1493		K 36-45	13		00:41:18	02:00:12.80	02:00:12.80	+00:53:55 (44.9%)	9:36	6.2 (54.9%)
89	SKOWRONEK Maciej	1523		M 36-45	20		00:40:21	02:00:20.25	02:00:20.25	+00:54:03 (44.9%)	9:37	6.2 (54.9%)
90	DRABIK - SŁOMKA Małgorzata	1425	#ADAMCZERWIŃSKITEAM	K 36-45	14		00:40:02	02:00:46.80	02:00:46.80	+00:54:29 (45.1%)	9:39	6.2 (54.9%)
91	MŁYNARCZYK Patrycja	1007		K 18-35	11		00:42:24	02:01:25.85	02:01:25.85	+00:55:09 (45.4%)	9:42	6.2 (54.9%)
92	SETLAK Agnieszka	1517	KB PARANTELA	K 36-45	15	KB Parantela	00:41:55	02:01:42.05	02:01:42.05	+00:55:25 (45.5%)	9:44	6.2 (54.9%)
92	WNĘKOWICZ Magdalena	1538	KB PARANTELA	K 36-45	15	KB Parantela	00:41:56	02:01:42.05	02:01:42.05	+00:55:25 (45.5%)	9:44	6.2 (54.9%)
94	STANISZ Adrian	1527	#GH	M 18-35	24	#GH	00:41:14	02:06:05.60	02:06:05.60	+00:59:48 (47.4%)	10:05	5.9 (52.2%)
95	KLUZ Filip	1458	PODIUM	M 18-35	25		00:40:50	02:06:21.20	02:06:21.20	+01:00:04 (47.5%)	10:06	5.9 (52.2%)
96	KLUZ Robert	1459	PODIUM	M 46-55	11		00:40:50	02:06:21.50	02:06:21.50	+01:00:04 (47.5%)	10:06	5.9 (52.2%)
97	HORNIK Patryk	1442		M 18-35	26		00:40:18	02:12:14.75	02:12:14.75	+01:05:57 (49.9%)	10:34	5.7 (50.4%)
98	CZAJKA Klaudia	1416		K 18-35	12		00:40:20	02:12:14.95	02:12:14.95	+01:05:58 (49.9%)	10:34	5.7 (50.4%)
99	HOFF Emilia	1441	BAJERA TRENER	K 46-55	9		00:42:23	02:13:33.45	02:13:33.45	+01:07:16 (50.4%)	10:41	5.6 (49.6%)
100	PILECKA Joanna	1506		K 36-45	17		00:40:49	02:15:23.50	02:15:23.50	+01:09:06 (51.0%)	10:49	5.5 (48.7%)
101	GIERASIMIUK Andrzej	1434		M 56+	6		00:44:53	02:15:33.15	02:15:33.15	+01:09:16 (51.1%)	10:50	5.5 (48.7%)
102	BYRKA Aleksandra	1411	NASIELSK BASZTA TEAM	K 36-45	18		00:42:16	02:20:36.95	02:20:36.95	+01:14:20 (52.9%)	11:14	5.3 (46.9%)
103	WALAWSKI Andrzej	1536		M 56+	7		00:44:16	02:21:34.00	02:21:34.00	+01:15:17 (53.2%)	11:19	5.3 (46.9%)
104	WOŹNIAK Lidia	1543	PORMAT JEDLICZE BIEGA	K 56+	1		00:45:13	02:22:06.40	02:22:06.40	+01:15:49 (53.4%)	11:22	5.3 (46.9%)
105	JAWORSKA Agnieszka	1450		K 36-45	19		00:45:23	02:22:14.65	02:22:14.65	+01:15:57 (53.4%)	11:22	5.3 (46.9%)
106	WOŁOSZYN Ola	1541		K 36-45	20		00:43:32	02:23:30.25	02:23:30.25	+01:17:13 (53.8%)	11:28	5.2 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
107	KOZYRA-PODKAŃSKA Agnieszka	1462	MILEMILUSIA	K 36-45	21		00:47:46	02:27:04.25	02:27:04.25	+01:20:47 (54.9%)	11:45	5.1 (45.1%)
108	BRONISZ Anna	1408		K 36-45	22		00:47:47	02:27:04.45	02:27:04.45	+01:20:47 (54.9%)	11:45	5.1 (45.1%)
109	MIKOŁAJCZYK Karolina	1491	MARIO TEAM	K 36-45	23		00:43:26	02:28:32.10	02:28:32.10	+01:22:15 (55.4%)	11:52	5 (44.2%)
110	SKALSKA Gosia	1521	KOCHAM GRZESIA	K 46-55	10		00:49:30	02:31:04.95	02:31:04.95	+01:24:48 (56.1%)	12:05	5 (44.2%)
111	GIERASIMIUK-MERTA Ewelina	1435		K 36-45	24		00:49:19	02:31:26.30	02:31:26.30	+01:25:09 (56.2%)	12:06	5 (44.2%)
112	POLEK Justyna	1508	TEAM POLEK	K 46-55	11		00:49:19	02:32:08.35	02:32:08.35	+01:25:51 (56.4%)	12:10	4.9 (43.4%)
113	BRODECKI Adam	1407	WATAHA	M 18-35	27		00:47:42	02:32:11.80	02:32:11.80	+01:25:54 (56.5%)	12:10	4.9 (43.4%)
114	DELEGIEWICZ Olga	1423	OSTROBIEC	K 36-45	25	OstroBiec	00:47:53	02:32:21.20	02:32:21.20	+01:26:04 (56.5%)	12:11	4.9 (43.4%)
115	MACIEJCZYK Marcin	1484		M 36-45	21		00:42:58	02:32:59.90	02:32:59.90	+01:26:43 (56.7%)	12:14	4.9 (43.4%)
116	LUC Adam	1476	BIEGUSIEM.PL	M 36-45	22		00:49:43	02:33:16.65	02:33:16.65	+01:26:59 (56.8%)	12:15	4.9 (43.4%)
117	ZIARKO Marcin	1546		M 36-45	23		00:47:22	02:34:04.00	02:34:04.00	+01:27:47 (57.0%)	12:19	4.9 (43.4%)
118	LECHOWICZ Lukasz	1468		M 36-45	24		00:49:45	02:36:32.30	02:36:32.30	+01:30:15 (57.7%)	12:31	4.8 (42.5%)
119	BIELECKA Ola	1403		K 36-45	26		00:49:44	02:36:32.35	02:36:32.35	+01:30:15 (57.7%)	12:31	4.8 (42.5%)
120	DZIUBAŁA Ilona	1429		K 46-55	12		00:50:38	02:39:27.40	02:39:27.40	+01:33:10 (58.4%)	12:45	4.7 (41.6%)
121	WOJCIECHOWSKI Gaurahari	1231		M 18-35	28		01:12:04	02:42:35.65	02:42:35.65	+01:36:18 (59.2%)	13:00	4.6 (40.7%)
122	ŚLIWA Maciej	1530		M 56+	8		00:50:47	02:44:54.35	02:44:54.35	+01:38:37 (59.8%)	13:11	4.5 (39.8%)
123	DZIK Piotr	1427		M 18-35	29		00:47:05	02:51:57.55	02:51:57.55	+01:45:40 (61.5%)	13:45	4.4 (38.9%)
123	DZIK Ewelina	1428		K 18-35	13		00:47:06	02:51:57.55	02:51:57.55	+01:45:40 (61.5%)	13:45	4.4 (38.9%)
125	BEDNARSKA-ZAJĄCZKOWSKA Kinga	1401		K 36-45	27		00:52:00	02:55:09.85	02:55:09.85	+01:48:53 (62.2%)	14:00	4.3 (38.1%)
126	URBANIAK Anna	1513		K 18-35	14		00:52:41	02:56:16.35	02:56:16.35	+01:49:59 (62.4%)	14:06	4.3 (38.1%)
127	DĄBROWSKA Dominika	1422		K 18-35	15		00:52:41	02:56:16.80	02:56:16.80	+01:49:59 (62.4%)	14:06	4.3 (38.1%)
128	TARGOŃSKA Marta	1531		K 36-45	28		01:11:49	02:58:11.80	02:58:11.80	+01:51:54 (62.8%)	14:15	4.2 (37.2%)
Przekroczony limit czasu: 03:00:00												
129	CZECHOWSKI Jerzy	1420	MZA - WARSZAWA	M 56+	9		01:04:57	03:51:19.50	03:51:19.50	+02:45:02 (71.3%)	18:30	3.2 (28.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Polana pod Gorcem 3.7km	Czas netto 12.5km	Czas brutto 12.5km	Różn	Tempo min/km	Tempo km/h
130	REDA Alicja	1511	TEAM ZABIEGANEDNI	K 56+	2		01:13:11	04:26:17.95	04:26:17.95	+03:20:01 (75.1%)	21:18	2.8 (24.8%)

Znaleziono 130 wynik(ów)