



GORCE ULTRA-TRAIL® 33 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Gorce Ultra-Trail
Organizator: Fundacja Run Vegan - GUT
Data: 2023-08-04
Miejsce: Ochotnica Dolna
Dystans: 33 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Rozwidlenie			Czas		Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Jaszczce 20km	84/48 25km	netto 32.2km	brutto 32.2km			
1	WOLSKI Jakub	1082	STREFA PRZYGÓD	M 36-45	1		00:47:12	01:45:32	02:25:38	02:56:28.90	02:56:28.90		5:28	10.9 (100%)
2	ZBOZIEN Jarosław	1089	ALPIN SPORT TEAM	M 36-45	2		00:48:50	01:50:21	02:30:17	03:02:51.40	03:02:51.40	+00:06:22 (3.5%)	5:40	10.6 (97.2%)
3	PIECH Kacper	1035	ASICS FRONTRUNNER POLAND/RUNONLINE.PL	M 18-35	1		00:50:56	01:51:25	02:38:44	03:13:45.00	03:13:45.00	+00:17:16 (8.9%)	6:01	10 (91.7%)
4	STREIT Dawid	1067	NON STOP TRAIL	M 36-45	3		00:53:11	02:03:23	02:53:39	03:33:24.30	03:33:24.30	+00:36:55 (17.3%)	6:37	9.1 (83.5%)
5	NIEWIEDZIAŁA Robert	1014	UKS SIÓDEMKA RUMIA	M 18-35	2		00:50:59	01:58:01	02:44:18	03:34:10.05	03:34:10.05	+00:37:41 (17.6%)	6:39	9 (82.6%)
6	BERGEL Piotr	913		M 36-45	4		00:58:57	02:13:01	03:02:44	03:41:37.20	03:41:37.20	+00:45:08 (20.4%)	6:52	8.7 (79.8%)
7	CIOCH Cezary	926	KALLIPSO RUNNERS TEAM	M 36-45	5		00:55:12	02:05:48	03:02:56	03:43:25.35	03:43:25.35	+00:46:56 (21.0%)	6:56	8.6 (78.9%)
8	JARMOLIŃSKI Piotr	958	MARCIN ŚWIERC TEAM	M 46-55	1		00:57:36	02:13:43	03:08:21	03:45:13.40	03:45:13.40	+00:48:44 (21.6%)	6:59	8.6 (78.9%)
9	ZYGMUNT Tomasz	1092	ULTRA WYJADACZE	M 18-35	3		00:55:20	02:05:19	02:59:33	03:46:03.15	03:46:03.15	+00:49:34 (21.9%)	7:01	8.5 (78.0%)
10	KRÓL Maciej	976	TYCZYŃSKI TRIATHLON TEAM	M 18-35	4		00:55:29	02:09:52	03:04:55	03:47:12.85	03:47:12.85	+00:50:43 (22.3%)	7:03	8.5 (78.0%)
11	TOPOLSKI Marcin	1076	BRZESKI KLUB BIEGACZA CZARNA PERŁA	M 46-55	2		00:58:28	02:13:23	03:07:39	03:48:21.40	03:48:21.40	+00:51:52 (22.7%)	7:05	8.5 (78.0%)
12	PEARSE Abbie	1030		K 18-35	1		00:56:08	02:15:03	03:07:29	03:52:45.55	03:52:45.55	+00:56:16 (24.2%)	7:13	8.3 (76.1%)
13	KURUC Maria	987	STAJNIAK TEAM	K 18-35	2		01:02:16	02:21:49	03:17:12	04:00:30.35	04:00:30.35	+01:04:01 (26.6%)	7:28	8 (73.4%)
14	FRĄCKIEWICZ Mateusz	941		M 18-35	5		00:58:17	02:19:32	03:16:36	04:00:58.60	04:00:58.60	+01:04:29 (26.8%)	7:29	8 (73.4%)
15	HAWORTH Daniel	951	SCOTT RUNNING UK	M 18-35	6		00:47:04	01:46:48	02:56:06	04:01:35.45	04:01:35.45	+01:05:06 (27.0%)	7:30	8 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Rozwidlenie			Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Jaszczce 20km	84/48 25km					
16	PAWLIKOWSKI Damian	1029		M 18-35	7		00:59:34	02:15:54	03:18:07	04:03:48.45	04:03:48.45	+01:07:19 (27.6%)	7:34	7.9 (72.5%)
17	BEDNAREK Bartłomiej	911		M 36-45	6		01:00:00	02:15:32	03:20:38	04:04:40.60	04:04:40.60	+01:08:11 (27.9%)	7:35	7.9 (72.5%)
18	GÓRA Krzysztof	944	MAMY TO	M 46-55	3	Mamy TO	00:59:40	02:15:56	03:19:06	04:06:05.45	04:06:05.45	+01:09:36 (28.3%)	7:38	7.9 (72.5%)
19	BORK Łukasz	916	GRUPA DRUHA BORUCHA	M 36-45	7	Mamy TO	01:03:25	02:26:01	03:25:39	04:07:55.80	04:07:55.80	+01:11:26 (28.8%)	7:41	7.8 (71.6%)
20	KUCHARSKI Robert	984		M 36-45	8		01:01:53	02:21:58	03:26:57	04:08:52.50	04:08:52.50	+01:12:23 (29.1%)	7:43	7.8 (71.6%)
21	PIWOWARSKI Sławomir	1042		M 18-35	8		01:02:07	02:25:02	03:23:26	04:12:39.30	04:12:39.30	+01:16:10 (30.1%)	7:50	7.6 (69.7%)
22	STAL Katarzyna	1065	KS STASZEWCY	K 36-45	1		01:07:24	02:27:10	03:31:10	04:12:46.45	04:12:46.45	+01:16:17 (30.2%)	7:50	7.6 (69.7%)
23	KLIMCZAK Paweł	968		M 36-45	9		01:04:16	02:28:05	03:28:50	04:12:50.60	04:12:50.60	+01:16:21 (30.2%)	7:51	7.6 (69.7%)
24	KRUPA Roman	977		M 36-45	10		01:01:46	02:22:41	03:24:43	04:12:53.80	04:12:53.80	+01:16:24 (30.2%)	7:51	7.6 (69.7%)
25	NELL Rupert	1013		M 46-55	4		01:02:10	02:22:34	03:26:42	04:13:53.65	04:13:53.65	+01:17:24 (30.5%)	7:53	7.6 (69.7%)
26	JANCZY Grzesiek	957	GNUŚNIAKI	M 18-35	9		01:00:15	02:24:08	03:28:34	04:15:09.70	04:15:09.70	+01:18:40 (30.8%)	7:55	7.6 (69.7%)
27	IWANEK Przemysław	955	PLANYBIEGOWE.PL / BLACK HAT ULTRA	M 18-35	10		01:03:22	02:28:45	03:32:55	04:18:19.45	04:18:19.45	+01:21:50 (31.7%)	8:01	7.5 (68.8%)
28	PILETSKI Maksim	1038	BIEGACZE STU MOSTÓW	M 18-35	11	Biegacze Stu Mostów	01:02:51	02:27:15	03:31:16	04:18:27.20	04:18:27.20	+01:21:58 (31.7%)	8:01	7.5 (68.8%)
29	NOWAK Paweł	1017		M 36-45	11		00:57:42	02:22:16	03:27:37	04:20:27.35	04:20:27.35	+01:23:58 (32.2%)	8:05	7.4 (67.9%)
30	CHMIEL Przemysław	923	ALBATROSY	M 36-45	12		00:59:20	02:21:54	03:33:40	04:21:06.80	04:21:06.80	+01:24:37 (32.4%)	8:06	7.4 (67.9%)
31	WÓŁKIEWICZ Piotr	1083		M 18-35	12		01:06:13	02:35:14	03:41:34	04:23:43.50	04:23:43.50	+01:27:14 (33.1%)	8:11	7.3 (67.0%)
32	JĘDRZEJCZAK Wojciech	960		M 56+	1		01:07:28	02:38:05	03:39:40	04:26:37.70	04:26:37.70	+01:30:08 (33.8%)	8:16	7.2 (66.1%)
33	PELA Olga	1031		K 18-35	3			02:33:51	03:40:46	04:27:14.55	04:27:14.55	+01:30:45 (34.0%)	8:17	7.2 (66.1%)
34	KOSMAŁA Przemek	972	MARCINSWIERCTEAM	M 36-45	13		01:01:17	02:23:59	03:31:13	04:28:48.95	04:28:48.95	+01:32:20 (34.3%)	8:20	7.2 (66.1%)
35	JAMA Damian	956		M 18-35	13		01:00:54	02:29:35	03:35:31	04:29:11.75	04:29:11.75	+01:32:42 (34.4%)	8:21	7.2 (66.1%)
36	WAWRZYNIAK Wit	1079		M 36-45	14		01:02:13	02:33:23	03:38:22	04:33:08.60	04:33:08.60	+01:36:39 (35.4%)	8:28	7.1 (65.1%)
37	KRAWCZYK Dariusz	975		M 46-55	5		01:03:58	02:35:47	03:42:26	04:37:03.10	04:37:03.10	+01:40:34 (36.3%)	8:36	7 (64.2%)
38	BRZOZOWSKA Joanna	918	ELITA Z NIZIN	K 18-35	4		01:09:17	02:40:01	03:45:23	04:37:53.80	04:37:53.80	+01:41:24 (36.5%)	8:37	7 (64.2%)

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							Lubań 12km	Jaszczce 20km	84/48 25km					
39	SZPOR-SŁAWATECKA Agnieszka	1		K 46-55	1		01:12:24	02:49:37	03:52:38	04:38:34.35	04:38:34.35	+01:42:05 (36.6%)	8:39	6.9 (63.3%)
40	PIWOŃSKI Adam	3	GÓRA BIEGA	M 36-45	15		01:06:22	02:38:17	03:45:46	04:40:03.70	04:40:03.70	+01:43:34 (37.0%)	8:41	6.9 (63.3%)
41	ZAREMBA Łukasz	1087	BRONOWICE TEŻ BIEGAJĄ	M 18-35	14		01:04:32	02:35:12	03:44:32	04:40:47.95	04:40:47.95	+01:44:19 (37.2%)	8:43	6.9 (63.3%)
42	ORĘZIAK Tomasz	1022		M 18-35	15		01:04:28	02:40:05		04:41:48.50	04:41:48.50	+01:45:19 (37.4%)	8:45	6.9 (63.3%)
43	TOKARSKI Tomasz	1074	OSTROBIEC	M 46-55	6	OSTROBIEC	01:10:15	02:42:34	03:50:46	04:42:00.70	04:42:00.70	+01:45:31 (37.4%)	8:45	6.9 (63.3%)
44	KOWALSKA Paulina	974	POLKAS	K 18-35	5		01:10:18	02:44:29	03:53:15	04:44:57.15	04:44:57.15	+01:48:28 (38.1%)	8:50	6.8 (62.4%)
45	KSIĄŻEK Kacper	983		M 18-35	16		01:12:50	02:47:14	03:57:04	04:45:05.20	04:45:05.20	+01:48:36 (38.1%)	8:51	6.8 (62.4%)
46	AUGUSTYNIAK Mirosława	902	MAMY TO	K 46-55	2	Mamy TO	01:12:28	02:49:35	03:57:06	04:45:39.45	04:45:39.45	+01:49:10 (38.2%)	8:52	6.8 (62.4%)
47	RÓG Krzysiek	2	ZBŁAZTEAM	M 18-35	17		01:05:23	02:51:53	03:58:37	04:51:19.25	04:51:19.25	+01:54:50 (39.4%)	9:02	6.6 (60.6%)
48	NOSEK Dariusz	1016		M 36-45	16		01:10:39	02:48:52	03:56:36	04:52:01.05	04:52:01.05	+01:55:32 (39.6%)	9:04	6.6 (60.6%)
49	SIECZKA Anna	1058	SWORDS ATHLETICS	K 18-35	6		01:12:30	02:49:39	03:59:47	04:52:46.30	04:52:46.30	+01:56:17 (39.7%)	9:05	6.6 (60.6%)
50	PODOLSKI Marek	1044	BIEGAMYRAZEM.PL	M 36-45	17	Trójmiejscy górale	01:11:46	02:49:28	03:57:01	04:53:09.25	04:53:09.25	+01:56:40 (39.8%)	9:06	6.6 (60.6%)
51	MIERZEJEWSKI Krzysztof	1004		M 46-55	7		01:15:42	02:54:50	04:01:52	04:53:32.35	04:53:32.35	+01:57:03 (39.9%)	9:06	6.6 (60.6%)
52	KALINOWSKI Marcin	966		M 18-35	18		01:06:19	02:38:37	03:50:54	04:54:17.10	04:54:17.10	+01:57:48 (40.0%)	9:08	6.6 (60.6%)
53	SERZYSKO Mirosław	1057	DŁUGONODZY	M 46-55	8		01:03:19	02:40:04	03:51:05	04:54:17.90	04:54:17.90	+01:57:49 (40.0%)	9:08	6.6 (60.6%)
54	SALIS Wojciech	1055	TECHGIS	M 36-45	18		01:11:18	02:51:25	03:56:46	04:54:56.25	04:54:56.25	+01:58:27 (40.2%)	9:09	6.6 (60.6%)
55	MAJSTEREK Marcin	994	MAMY TO	M 46-55	9	Mamy TO	01:15:19	02:57:48	04:09:41	04:59:12.15	04:59:12.15	+02:02:43 (41.0%)	9:17	6.5 (59.6%)
56	KNIEĆ Tomasz	969		M 36-45	19		01:15:54	02:56:16	04:09:18	04:59:59.35	04:59:59.35	+02:03:30 (41.2%)	9:18	6.4 (58.7%)
57	WASILEWSKI Przemysław	1077		M 36-45	20		01:15:37	02:55:17	04:06:48	05:01:19.50	05:01:19.50	+02:04:50 (41.4%)	9:21	6.4 (58.7%)
58	O'BRIEN Rory	1020		M 18-35	19		01:10:26	02:48:43	03:59:54	05:02:21.15	05:02:21.15	+02:05:52 (41.6%)	9:23	6.4 (58.7%)
59	ZINCZUK Rafal	1091		M 46-55	10		01:10:43	02:50:11	04:08:55	05:02:51.80	05:02:51.80	+02:06:22 (41.7%)	9:24	6.4 (58.7%)
60	FRANCZAK Jolanta	940		K 18-35	7		01:13:43	02:56:13	04:09:08	05:03:10.60	05:03:10.60	+02:06:41 (41.8%)	9:24	6.4 (58.7%)
61	KOPEĆ Sebastian	971		M 18-35	20		01:11:49	02:52:07	04:07:32	05:04:16.20	05:04:16.20	+02:07:47 (42.0%)	9:26	6.3 (57.8%)

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							Lubań 12km	Jaszczce 20km	84/48 25km					
62	ADAMCZYK Łukasz	901	STG WARSZAWA	M 36-45	21		01:13:58	02:51:09	04:10:44	05:04:28.30	05:04:28.30	+02:07:59 (42.0%)	9:27	6.3 (57.8%)
63	BANAŚ Krzysztof	906	ITMBW	M 46-55	11		01:14:25	02:54:33	04:07:09	05:06:12.80	05:06:12.80	+02:09:43 (42.4%)	9:30	6.3 (57.8%)
64	CAPUTA Jakub	920	SOMSIADY	M 18-35	21		01:14:22	02:59:21	04:08:46	05:09:31.25	05:09:31.25	+02:13:02 (43.0%)	9:36	6.2 (56.9%)
65	PAŁUBSKI Andrzej	1027	TECHGIS	M 36-45	22		01:14:58	02:56:31	04:17:25	05:09:40.15	05:09:40.15	+02:13:11 (43.0%)	9:37	6.2 (56.9%)
66	PILACHOWSKA Anna	1037	MAMY TO	K 46-55	3	Mamy TO	01:06:17	02:51:52	04:11:04	05:10:10.40	05:10:10.40	+02:13:41 (43.1%)	9:37	6.2 (56.9%)
67	PENCONEK Agata	1033		K 36-45	2		01:14:31	03:00:02	04:13:05	05:11:41.65	05:11:41.65	+02:15:12 (43.4%)	9:40	6.2 (56.9%)
68	PELCZAR Joanna	1032	TRAIL IS OUR WAY TEAM	K 18-35	8		01:16:10	02:59:35	04:18:48	05:11:51.70	05:11:51.70	+02:15:22 (43.4%)	9:41	6.2 (56.9%)
69	PITUCH Grzegorz	1041		M 36-45	23		00:55:16	03:13:02	04:22:42	05:12:48.30	05:12:48.30	+02:16:19 (43.6%)	9:42	6.2 (56.9%)
70	MATUŁA Przemysław	1001	AZS UMCS BIEGA	M 56+	2		01:12:54	02:54:15	04:17:33	05:13:08.50	05:13:08.50	+02:16:39 (43.6%)	9:43	6.2 (56.9%)
71	KOMAR Izabela	970		K 46-55	4		01:17:14	03:01:59	04:19:40	05:13:28.70	05:13:28.70	+02:16:59 (43.7%)	9:44	6.2 (56.9%)
72	NIŻEWSKI Paweł	1015	KRAKOWIAK ULTRA TEAM	M 36-45	24		01:14:54	03:00:11	04:13:31	05:15:31.95	05:15:31.95	+02:19:03 (44.1%)	9:47	6.1 (56.0%)
73	KUNICKI Mateusz	986	OSTEOMEDICA	M 36-45	25		01:05:44	02:44:53	04:01:30	05:16:12.60	05:16:12.60	+02:19:43 (44.2%)	9:49	6.1 (56.0%)
74	PROMIŃSKA Karolina	1047	PĘDZĄCE ŻELKI	K 18-35	9		01:10:11	02:55:23	04:18:04	05:16:46.45	05:16:46.45	+02:20:17 (44.3%)	9:50	6.1 (56.0%)
75	JASIOROWSKI Michał	959	PĘDZĄCE ŻELKI	M 36-45	26		01:10:06	02:55:22	04:18:07	05:16:47.00	05:16:47.00	+02:20:18 (44.3%)	9:50	6.1 (56.0%)
76	MEUS Martyna	1003		K 18-35	10		01:19:01	03:07:56	04:27:19	05:21:23.30	05:21:23.30	+02:24:54 (45.1%)	9:58	6 (55.0%)
77	OSTROWSKA Natalia	1025		K 18-35	11		01:18:57	03:07:55	04:27:16	05:21:23.40	05:21:23.40	+02:24:54 (45.1%)	9:58	6 (55.0%)
78	MATOGA Przemysław	999		M 18-35	22		01:20:06	03:09:28	04:25:19	05:21:24.40	05:21:24.40	+02:24:55 (45.1%)	9:58	6 (55.0%)
79	BORUSZEWSKI Rafał	917	BORI	M 46-55	12		01:18:26	03:10:38	04:27:45	05:22:16.00	05:22:16.00	+02:25:47 (45.2%)	10:00	6 (55.0%)
80	SMYCZYŃSKI Tomasz	1062	MAMY TO	M 36-45	27	Mamy TO	01:20:23	03:03:11	04:14:42	05:22:48.10	05:22:48.10	+02:26:19 (45.3%)	10:01	6 (55.0%)
81	FITT Konrad	938	KRAKÓW AIRPORT RUNNING TEAM	M 36-45	28		00:55:56	03:12:53	04:30:03	05:23:03.10	05:23:03.10	+02:26:34 (45.4%)	10:01	6 (55.0%)
82	BAŃKA Mariusz	907		M 46-55	13		01:17:31	03:04:21	04:26:13	05:23:31.05	05:23:31.05	+02:27:02 (45.4%)	10:02	6 (55.0%)
83	OREŻIAK Maciej	1021		M 46-55	14		01:15:47	03:08:19	04:27:47	05:23:45.50	05:23:45.50	+02:27:16 (45.5%)	10:03	6 (55.0%)
84	BARAN Marta	908	JURA TEAM	K 36-45	3		01:16:18	03:02:31	04:27:06	05:24:57.50	05:24:57.50	+02:28:28 (45.7%)	10:05	5.9 (54.1%)
84	BARAN Mariusz	909	JURA TEAM	M 46-55	15		01:13:56	03:06:31	04:27:41	05:24:57.50	05:24:57.50	+02:28:28 (45.7%)	10:05	5.9 (54.1%)

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							Lubań 12km	Jaszczce 20km	84/48 25km					
86	BOHUCKI Piotr	915		M 36-45	29		01:09:43	03:19:33	04:33:10	05:25:12.90	05:25:12.90	+02:28:44 (45.7%)	10:05	5.9 (54.1%)
87	MASZARO Robert	997		M 46-55	16		01:17:58	03:04:23	04:23:22	05:25:16.60	05:25:16.60	+02:28:47 (45.7%)	10:06	5.9 (54.1%)
88	PUDŁO Sebastian	1049		M 36-45	30	OSTROBIEC	01:18:10	03:13:42	04:29:49	05:26:06.90	05:26:06.90	+02:29:38 (45.9%)	10:07	5.9 (54.1%)
89	PISKORSKI Piotr	1040	ENDO GOLUB-DOBRZYŃ	M 46-55	17		01:15:26	03:07:57	04:29:50	05:26:13.80	05:26:13.80	+02:29:44 (45.9%)	10:07	5.9 (54.1%)
90	SABANOWSKA Anna	1054		K 36-45	4		01:21:50	03:13:50	04:31:48	05:26:23.10	05:26:23.10	+02:29:54 (45.9%)	10:08	5.9 (54.1%)
91	KULAK-OKÓLSKA Nina	985	KAY-MAX	K 36-45	5		01:19:57	03:13:42	04:29:38	05:26:23.80	05:26:23.80	+02:29:54 (45.9%)	10:08	5.9 (54.1%)
92	NOWOSADZKI Wojciech	1019	TRAIL IS OUR WAY	M 36-45	31		01:19:19	03:03:36	04:26:49	05:29:53.80	05:29:53.80	+02:33:24 (46.5%)	10:14	5.9 (54.1%)
92	CHOJECKI Sebastian	925		M 36-45	31		01:18:06	03:07:34	04:29:13	05:29:53.80	05:29:53.80	+02:33:24 (46.5%)	10:14	5.9 (54.1%)
94	LASYK Maciej	1098		M 36-45	33		01:17:54	03:16:30	04:32:28	05:31:03.65	05:31:03.65	+02:34:34 (46.7%)	10:16	5.8 (53.2%)
95	LASYK Agnieszka	1097		K 36-45	6		01:17:51	03:16:29	04:32:35	05:31:03.75	05:31:03.75	+02:34:34 (46.7%)	10:16	5.8 (53.2%)
96	ZEGARMISTRZ Grzegorz	1090		M 36-45	34		01:13:10	03:26:39	04:41:34	05:32:07.95	05:32:07.95	+02:35:39 (46.9%)	10:18	5.8 (53.2%)
97	CHAŁGASIEWICZ Daniel	922		M 18-35	23		01:18:04	03:13:19	04:38:39	05:33:52.05	05:33:52.05	+02:37:23 (47.1%)	10:22	5.8 (53.2%)
98	WÓŁKIEWICZ Dorota	1084	TEAM ZABIEGANEDNI	K 46-55	5		01:24:47	03:18:44	04:41:39	05:35:55.90	05:35:55.90	+02:39:27 (47.5%)	10:25	5.8 (53.2%)
99	PŁATEK Paweł	1043	PGB SPORTOWA PACZKA	M 46-55	18		01:14:29	03:07:49	04:29:17	05:37:14.15	05:37:14.15	+02:40:45 (47.7%)	10:28	5.7 (52.3%)
100	LEWANDOWSKI Michał	990		M 36-45	35		01:21:04	03:18:09	04:45:45	05:38:25.25	05:38:25.25	+02:41:56 (47.9%)	10:30	5.7 (52.3%)
101	NAMACZYŃSKI-KAPAŁA Brunon	1009		M 18-35	24		01:12:22	03:06:42	04:30:43	05:40:13.70	05:40:13.70	+02:43:44 (48.1%)	10:33	5.7 (52.3%)
102	OSIAK Magdalena	1023		K 36-45	7		01:22:10	03:18:15	03:50:13	05:40:19.60	05:40:19.60	+02:43:50 (48.1%)	10:34	5.7 (52.3%)
103	DUBILIS Mateusz	933		M 18-35	25		01:19:32	03:15:12	04:42:19	05:40:43.50	05:40:43.50	+02:44:14 (48.2%)	10:34	5.7 (52.3%)
104	NOWICKA Katarzyna	1018	CZARNA TĘCZA	K 18-35	12		01:19:35	03:15:11	04:42:23	05:40:43.65	05:40:43.65	+02:44:14 (48.2%)	10:34	5.7 (52.3%)
105	LUBERDA Irena	991		K 36-45	8		01:21:19	03:17:58	04:36:39	05:41:23.55	05:41:23.55	+02:44:54 (48.3%)	10:36	5.7 (52.3%)
106	BUĆKO Marcin	919	KLUB BIEGACZA FARTLEK	M 36-45	36		01:11:07	03:27:16	04:47:10	05:41:41.85	05:41:41.85	+02:45:12 (48.4%)	10:36	5.7 (52.3%)
107	BACZUK Jakub	903		M 36-45	37		01:15:24	03:03:15	04:29:08	05:42:09.65	05:42:09.65	+02:45:40 (48.4%)	10:37	5.6 (51.4%)
108	MATRAS Dawid	1000		M 18-35	26		01:15:59	03:12:32	04:38:34	05:42:40.30	05:42:40.30	+02:46:11 (48.5%)	10:38	5.6 (51.4%)
109	DZICZEK Ireneusz	935	RAZ SZCZECIN	M 56+	3		01:18:54	03:14:58	04:41:15	05:44:04.40	05:44:04.40	+02:47:35 (48.7%)	10:41	5.6 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Rozwidlenie			Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Jaszczce 20km	84/48 25km					
110	PIĘTA Bogdan	1036		M 46-55	19		01:17:44	03:03:38	04:32:45	05:45:51.55	05:45:51.55	+02:49:22 (49.0%)	10:44	5.6 (51.4%)
111	CZAYKOWSKI Wojciech	929	MAMY TO	M 36-45	38	Mamy TO	01:15:50	03:17:15	04:44:54	05:47:23.50	05:47:23.50	+02:50:54 (49.2%)	10:47	5.6 (51.4%)
112	ZALEWSKI Konrad	1086		M 36-45	39		01:20:46	03:18:10	04:45:47	05:47:23.60	05:47:23.60	+02:50:54 (49.2%)	10:47	5.6 (51.4%)
113	OSICA Łukasz	1024		M 36-45	40		01:22:12	03:11:46	04:35:41	05:48:07.75	05:48:07.75	+02:51:38 (49.3%)	10:48	5.5 (50.5%)
114	HOŁUJ Andrzej	953		M 56+	4		01:16:39	03:08:01	04:41:00	05:50:26.30	05:50:26.30	+02:53:57 (49.6%)	10:52	5.5 (50.5%)
115	NAPIERALSKA Natalia	1011		K 46-55	6		01:22:52	03:18:45	04:42:18	05:51:02.35	05:51:02.35	+02:54:33 (49.7%)	10:54	5.5 (50.5%)
116	NAPIERALSKI Michał	1012		M 46-55	20		01:22:56	03:18:47	04:42:17	05:51:02.45	05:51:02.45	+02:54:33 (49.7%)	10:54	5.5 (50.5%)
117	MIJAKOWSKI Paweł	1005	MIJAKOWSKI TEAM	M 56+	5		01:16:45	03:09:42	04:52:09	05:53:00.65	05:53:00.65	+02:56:31 (50.0%)	10:57	5.5 (50.5%)
118	BAKUN Jolanta	905	CHEŁM	K 46-55	7		01:21:02	03:19:54	04:51:40	05:54:56.30	05:54:56.30	+02:58:27 (50.3%)	11:01	5.4 (49.5%)
119	BAKUN Mariusz	904	CHEŁM	M 46-55	21		01:20:56	03:19:52	04:51:38	05:54:56.35	05:54:56.35	+02:58:27 (50.3%)	11:01	5.4 (49.5%)
120	KADE Manuela	964	MISIE PYSIE	K 36-45	9		01:19:24	03:22:31	04:52:03	05:55:42.60	05:55:42.60	+02:59:13 (50.4%)	11:02	5.4 (49.5%)
121	MATEJCZYK-WALETKO Dorota	998	MAMY TO	K 36-45	10	Mamy TO	01:21:06	03:18:59	04:49:47	05:56:57.50	05:56:57.50	+03:00:28 (50.6%)	11:05	5.4 (49.5%)
122	BAK Paulina	910	SIS TEAM	K 36-45	11	Sis team	01:22:06	03:23:46	04:58:21	05:57:02.20	05:57:02.20	+03:00:33 (50.6%)	11:05	5.4 (49.5%)
123	ROBAKOWSKI Dariusz	1052	MAMY TO	M 46-55	22	Mamy TO	01:19:06	03:18:24	04:50:31	05:57:08.60	05:57:08.60	+03:00:39 (50.6%)	11:05	5.4 (49.5%)
124	HEJNAR Jerzy	952		M 46-55	23		01:17:23	03:10:03	04:52:14	05:58:03.35	05:58:03.35	+03:01:34 (50.7%)	11:07	5.4 (49.5%)
125	CZAJKA Tomasz	927		M 36-45	41		01:24:06	03:27:06	04:59:58	05:59:19.00	05:59:19.00	+03:02:50 (50.9%)	11:09	5.4 (49.5%)
126	CZAJKA Sylwia	928	OSTROBIEC	K 36-45	12		01:24:03	03:27:04	05:00:00	05:59:19.15	05:59:19.15	+03:02:50 (50.9%)	11:09	5.4 (49.5%)
127	POTRZEBOWSKI Tomasz	1046		M 36-45	42		01:25:13	03:27:18	05:01:23	06:01:35.15	06:01:35.15	+03:05:06 (51.2%)	11:13	5.3 (48.6%)
128	KRZYSZTOFOWICZ Andrzej	979	DACIA	M 36-45	43		01:22:08	03:21:52	04:52:08	06:02:11.20	06:02:11.20	+03:05:42 (51.3%)	11:14	5.3 (48.6%)
129	ŻYCIŃSKA Magdalena	1094		K 56+	1		01:24:26	03:29:25	04:59:39	06:06:57.40	06:06:57.40	+03:10:28 (51.9%)	11:23	5.3 (48.6%)
130	WIERZBICKI Michał	1080		M 46-55	24		01:28:02	03:31:11	05:03:55	06:06:59.20	06:06:59.20	+03:10:30 (51.9%)	11:23	5.3 (48.6%)
131	SUSZYŃSKA Urszula	1071		K 18-35	13		01:30:17	03:44:04	05:05:49	06:08:33.70	06:08:33.70	+03:12:04 (52.1%)	11:26	5.2 (47.7%)
132	JURKOWSKI Rafał	961		M 46-55	25		01:21:23	03:30:02	04:56:13	06:12:26.85	06:12:26.85	+03:15:57 (52.6%)	11:33	5.2 (47.7%)
133	KACZOR Dagmara	963		K 18-35	14		01:22:02	03:25:30	05:03:32	06:14:46.40	06:14:46.40	+03:18:17 (52.9%)	11:38	5.2 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Rozwidlenie			Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Jaszczce 20km	84/48 25km					
134	GĘSIARZ Bartłomiej	942		M 36-45	44		01:11:25	03:12:36	05:02:15	06:14:48.85	06:14:48.85	+03:18:19 (52.9%)	11:38	5.2 (47.7%)
135	ŚWIDERSKI Wojciech	1073		M 18-35	27		01:21:33	03:24:55	05:01:50	06:16:34.15	06:16:34.15	+03:20:05 (53.1%)	11:41	5.1 (46.8%)
136	KACZOR Miłosz	962		M 18-35	28		01:07:32	03:01:15	05:13:54	06:17:14.75	06:17:14.75	+03:20:45 (53.2%)	11:42	5.1 (46.8%)
137	MATYSZCZAK Mateusz	1002		M 18-35	29		01:21:30	03:31:09	05:04:37	06:17:31.95	06:17:31.95	+03:21:03 (53.3%)	11:43	5.1 (46.8%)
138	RATAJCZAK Filip	1051	TROCHĘ JUŻ BIEGAMY ,)	M 18-35	30		01:21:54	03:33:32	05:02:48	06:17:48.45	06:17:48.45	+03:21:19 (53.3%)	11:43	5.1 (46.8%)
139	RATAJCZAK Konrad	1050	TROCHĘ JUŻ BIEGAMY ,)	M 36-45	45		01:21:59	03:33:32	05:02:44	06:17:48.65	06:17:48.65	+03:21:19 (53.3%)	11:43	5.1 (46.8%)
140	KALICZYŃSKA Wioletta	965	PROJEKT1000UP	K 36-45	13	Projekt 1000up	01:28:06	03:44:19	05:19:20	06:20:11.60	06:20:11.60	+03:23:42 (53.6%)	11:48	5.1 (46.8%)
141	PAWLAK Sławomir	1028	#PAWLAKTEAM	M 46-55	26		01:26:50	03:35:53	05:17:56	06:20:36.35	06:20:36.35	+03:24:07 (53.6%)	11:49	5.1 (46.8%)
142	LESZCZYŃSKI Bartek	989	LASY WAWERSKIE	M 36-45	46		01:23:30	03:32:55	05:03:48	06:22:21.55	06:22:21.55	+03:25:52 (53.8%)	11:52	5.1 (46.8%)
143	BĘBEN Robert	914	OSTROBIEC	M 46-55	27	OSTROBIEC	01:28:51	03:45:53	05:34:20	06:25:23.90	06:25:23.90	+03:28:55 (54.2%)	11:58	5 (45.9%)
144	SŁOWIK Justyna	1061	OSTROBIEC	K 36-45	14	OSTROBIEC	01:29:04	03:45:59	05:34:38	06:25:24.30	06:25:24.30	+03:28:55 (54.2%)	11:58	5 (45.9%)
145	KOWALCZYK Asia	973	OBSTACLE CENTER TEAM	K 18-35	15	Obstacle Center Team	01:22:33	03:51:57	05:26:29	06:27:25.70	06:27:25.70	+03:30:56 (54.4%)	12:01	5 (45.9%)
146	FABISIAK Ewa	936	ZARAŻENI BÓLEM	K 56+	2		01:29:36	03:46:00	05:17:22	06:28:34.10	06:28:34.10	+03:32:05 (54.6%)	12:04	5 (45.9%)
147	LENART Wioleta	1096		K 36-45	15		01:36:29	03:46:20	05:28:07	06:29:14.45	06:29:14.45	+03:32:45 (54.7%)	12:05	5 (45.9%)
148	SUCHORA Anna	1068		K 56+	3		01:33:58	03:43:59	05:21:58	06:30:28.50	06:30:28.50	+03:33:59 (54.8%)	12:07	4.9 (45.0%)
149	SUCHORA Jerzy	1069		M 56+	6		01:34:01	03:44:00	05:22:03	06:30:28.75	06:30:28.75	+03:33:59 (54.8%)	12:07	4.9 (45.0%)
150	KINDRYK Tomasz	967	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M 36-45	47		01:28:34	03:46:01	05:24:37	06:30:52.30	06:30:52.30	+03:34:23 (54.8%)	12:08	4.9 (45.0%)
151	BEDNARSKA Beata	912		K 36-45	16		01:24:54	03:47:13	05:25:20	06:31:51.15	06:31:51.15	+03:35:22 (55.0%)	12:10	4.9 (45.0%)
152	MALIK Szymon	996		M 46-55	28		01:25:00	03:47:11	05:25:17	06:32:03.80	06:32:03.80	+03:35:34 (55.0%)	12:10	4.9 (45.0%)
153	GOLA Karolina	943	SIS	K 36-45	17	Sis team	01:35:01	03:51:51	05:24:43	06:36:09.80	06:36:09.80	+03:39:40 (55.5%)	12:18	4.9 (45.0%)
154	KSIĄŻEK Natalia	981		K 18-35	16		01:33:02	03:43:42	05:22:24	06:36:13.85	06:36:13.85	+03:39:44 (55.5%)	12:18	4.9 (45.0%)
155	FIOLKA Tomasz	937		M 36-45	48		01:21:15	03:27:43	05:09:27	06:37:19.00	06:37:19.00	+03:40:50 (55.6%)	12:20	4.9 (45.0%)
156	MAJEWSKA Monika	993	OSTROBIEC	K 46-55	8	OSTROBIEC	01:36:26	03:52:13	05:21:30	06:42:02.80	06:42:02.80	+03:45:33 (56.1%)	12:29	4.8 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Rozwidlenie			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Jaszczce 20km	84/48 25km	32.2km	32.2km			
157	KRZYSZTOFOWICZ Karolina	978	DACIA	K 36-45	18		01:38:40		05:38:58	06:46:42.00	06:46:42.00	+03:50:13 (56.6%)	12:37	4.8 (44.0%)
158	ZAWADZKI Piotr	1088		M 36-45	49		01:24:23	03:46:08	05:30:06	06:57:11.65	06:57:11.65	+04:00:42 (57.7%)	12:57	4.6 (42.2%)
159	KSIĄŻEK Marlena	982		K 18-35	17		01:33:04	03:48:16	05:34:02	07:00:19.95	07:00:19.95	+04:03:51 (58.0%)	13:03	4.6 (42.2%)
160	FLETCHER Ben	939		M 18-35	31		01:29:13	04:01:28	05:45:36	07:04:45.65	07:04:45.65	+04:08:16 (58.5%)	13:11	4.5 (41.3%)
161	SORRELL Shakira	1063		K 18-35	18		01:29:18	04:01:34	05:45:46	07:04:46.90	07:04:46.90	+04:08:18 (58.5%)	13:11	4.5 (41.3%)
162	ŻOŁYNIAK Szymon	1093		M 36-45	50		01:29:07	04:02:52	05:51:24	07:05:08.60	07:05:08.60	+04:08:39 (58.5%)	13:12	4.5 (41.3%)
163	ŁASKAWSKA Justyna	992		K 36-45	19		01:29:08	04:02:51	05:51:22	07:05:10.00	07:05:10.00	+04:08:41 (58.5%)	13:12	4.5 (41.3%)
164	SULIGA Wioletta	1070	ING BANK ŚLĄSKI	K 36-45	20		01:46:57	04:14:56	06:00:44	07:13:16.70	07:13:16.70	+04:16:47 (59.3%)	13:27	4.5 (41.3%)
165	HAGEL Julita	949		K 36-45	21		01:33:55	04:07:07	05:51:41	07:15:00.55	07:15:00.55	+04:18:31 (59.4%)	13:30	4.4 (40.4%)
166	ABRAMCZUK Paweł	900	PAWEŁ ABRAMCZUK	M 46-55	29		01:28:32	04:03:04	05:38:44	07:16:14.70	07:16:14.70	+04:19:45 (59.5%)	13:32	4.4 (40.4%)
167	CEPIELIK Karolina	921		K 36-45	22		01:35:08	03:54:17	05:50:36	07:18:02.50	07:18:02.50	+04:21:33 (59.7%)	13:36	4.4 (40.4%)
168	PILONIS Eleonora	1039	BIEGOSTACJA	K 36-45	23		01:34:57	03:54:13	05:50:21	07:18:02.75	07:18:02.75	+04:21:33 (59.7%)	13:36	4.4 (40.4%)
169	MAKOS Adam	995	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M 46-55	30		01:32:23	03:51:53	05:49:00	07:19:18.70	07:19:18.70	+04:22:49 (59.8%)	13:38	4.4 (40.4%)
170	SIERPOWSKA-BARTOSIK Agnieszka	1059	VEGE RUNNERS	K 46-55	9		01:34:40	04:14:54	06:04:17	07:24:40.10	07:24:40.10	+04:28:11 (60.3%)	13:48	4.3 (39.4%)
171	PRUSZKOWSKI Mariusz	1048	CHEŁM BIEGA - CROSSFITTER BOX CHEŁM	M 46-55	31		01:34:38	03:51:00	06:18:48	07:35:48.35	07:35:48.35	+04:39:19 (61.3%)	14:09	4.2 (38.5%)
172	GÓRCZYŃSKI Robert	946	OSTROBIEC	M 46-55	32	OSTROBIEC	01:45:35	04:21:01	06:15:14	07:44:25.30	07:44:25.30	+04:47:56 (62.0%)	14:25	4.2 (38.5%)
173	GÓRCZYŃSKA Stella	945	OSTROBIEC	K 46-55	10	OSTROBIEC	01:46:00	04:21:07	06:15:12	07:44:25.75	07:44:25.75	+04:47:56 (62.0%)	14:25	4.2 (38.5%)
174	DOMINIAK-LESZCZYŃSKA Elżbieta	931	LASY WAWERSKIE	K 56+	4		01:44:06	04:24:01	06:24:15	07:47:27.90	07:47:27.90	+04:50:59 (62.2%)	14:31	4.1 (37.6%)
175	POSYNIAK Michał	1045	TRI AMO	M 36-45	51		01:39:31	04:17:36	06:27:07	07:54:54.80	07:54:54.80	+04:58:25 (62.8%)	14:44	4.1 (37.6%)
176	DUDKIEWICZ Anna	934	EKO-OKNA RUNNERS	K 36-45	24		01:49:18	04:44:10	06:39:23	07:57:03.60	07:57:03.60	+05:00:34 (63.0%)	14:48	4 (36.7%)
	SENTYSZ Robert	1099	SENLABS.PL	M 36-45			00:50:54 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WRÓŃSKI Łukasz	1085		M 18-35			01:21:10 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PIĄTEK Roman	1034	PGB SPORTOWA PACZKA	M 46-55			01:23:38 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań	Jaszcze	Rozwidlenie	Czas	Czas	Różn	Tempo	Tempo
							12km	20km	84/48 25km	netto 32.2km	brutto 32.2km		min/km	km/h
	LENARCZYK Katarzyna	988		K 46-55			01:32:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SOWA Grzegorz	1064	#KUBAPIECHTEAM	M 46-55			01:40:03 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 181 wynik(ów)