



**Wydarzenie:** Gorce Ultra-Trail  
**Organizator:** Fundacja Run Vegan - GUT  
**Data:** 2024-08-02  
**Miejsce:** Ochotnica Dolna  
**Dystans:** 33 km

## GORCE ULTRA-TRAIL® 33 KM

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszczce 20km	Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
1	WOLSKI Jakub	1055		M 36-45	1		00:48:28	01:46:12	02:55:27.70	02:55:27.70		5:26	11 (100%)
2	ŽILINSKS Roms	1061	SKRIEN JĒKABPILS!	M 36-45	2	Skrien JĒkabpils!	00:50:03	01:55:43	03:10:40.15	03:10:40.15	+00:15:12 (8.0%)	5:55	10.1 (91.8%)
3	DOBROWOLSKI Szymek	1068		M 18-35	1		00:54:03	02:06:56	03:24:40.65	03:24:40.65	+00:29:12 (14.3%)	6:21	9.4 (85.5%)
4	STREIT Dawid	1032		M 36-45	3		00:51:50	02:04:56	03:27:56.15	03:27:56.15	+00:32:28 (15.6%)	6:27	9.3 (84.5%)
5	POPŁAWSKI Marcin	1004		M 18-35	2		00:52:44	02:06:13	03:33:14.70	03:33:14.70	+00:37:47 (17.7%)	6:37	9.1 (82.7%)
6	WIEJOWSKI Tomasz	1052		M 36-45	4		00:56:35	02:14:27	03:38:42.75	03:38:42.75	+00:43:15 (19.8%)	6:47	8.8 (80.0%)
7	TKACZYK Szymon	1047	SAMOLOTOWY	M 36-45	5	Samolotowy Team	00:57:25	02:11:12	03:39:00.55	03:39:00.55	+00:43:32 (19.9%)	6:48	8.8 (80.0%)
8	TKACZYK Aleksandra	1048	SAMOLOTOWY	K 18-35	1	Samolotowy Team	00:57:29	02:11:13	03:41:34.25	03:41:34.25	+00:46:06 (20.8%)	6:52	8.7 (79.1%)
9	KORCZ Daniel	1073		M 36-45	6		00:56:31	02:16:25	03:43:29.55	03:43:29.55	+00:48:01 (21.5%)	6:56	8.6 (78.2%)
10	PAJOR Andrzej	1000	JISNB RT	M 18-35	3		00:57:32	02:15:21	03:45:04.70	03:45:04.70	+00:49:37 (22.0%)	6:59	8.6 (78.2%)
11	PAŁKA Tomasz	1071	KB, PARANTELA	M 46-55	1	KB Parantela	00:58:31	02:15:34	03:45:50.95	03:45:50.95	+00:50:23 (22.3%)	7:00	8.6 (78.2%)
12	SZPYT Grzegorz	1042	RUNNING TEAM LUBELAKY	M 46-55	2		00:58:10	02:19:41	03:55:58.35	03:55:58.35	+01:00:30 (25.6%)	7:19	8.2 (74.5%)
13	RAJSKI Rafal	1012	WARTKIE KIYRPCE	M 36-45	7		01:02:40	02:24:55	03:58:58.65	03:58:58.65	+01:03:30 (26.6%)	7:25	8.1 (73.6%)
14	BAJSAROWICZ Marlena	902	IPA WROCLAW	K 18-35	2		00:58:41	02:23:14	04:04:41.10	04:04:41.10	+01:09:13 (28.3%)	7:35	7.9 (71.8%)
15	ZAREBA Rafal	1060	FUJITSU RUNNINGTEAM	M 36-45	8		00:58:34	02:24:57	04:05:57.95	04:05:57.95	+01:10:30 (28.7%)	7:38	7.9 (71.8%)
16	DRZYMALA Artur	922		M 46-55	3		01:03:14	02:26:26	04:06:55.85	04:06:55.85	+01:11:28 (28.9%)	7:40	7.8 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszczce 20km	Czas		Tempo min/km	Tempo km/h
									netto 32.2km	brutto 32.2km		
17	<b>SZELAGOWSKI Michal</b>	<b>1039</b>	ENDLESS PAIN	M 36-45	9		01:02:27	02:26:55	<b>04:07:06.75</b>	<b>04:07:06.75</b>	+01:11:39 (29.0%)	7:40 7.8 (70.9%)
18	<b>JAROMI Łukasz</b>	<b>942</b>	AKTYWNA WARSZAWA	M 18-35	4		01:06:01	02:32:27	<b>04:08:42.35</b>	<b>04:08:42.35</b>	+01:13:14 (29.5%)	7:43 7.8 (70.9%)
19	<b>GAŁYSA Daniel</b>	<b>1070</b>		M 36-45	10		00:59:07	02:25:41	<b>04:09:28.05</b>	<b>04:09:28.05</b>	+01:14:00 (29.7%)	7:44 7.7 (70.0%)
20	<b>TKACZYK Michał</b>	<b>344</b>	OBSTACLE CENTER TEAM	M 18-35	5		01:03:01	02:28:50	<b>04:10:36.45</b>	<b>04:10:36.45</b>	+01:15:08 (30.0%)	7:46 7.7 (70.0%)
20	<b>CZARNECKI Piotr</b>	<b>917</b>	OBSTACLE CENTER TEAM & TARCHOŚFIRY	M 36-45	11		01:03:07	02:26:52	<b>04:10:36.45</b>	<b>04:10:36.45</b>	+01:15:08 (30.0%)	7:46 7.7 (70.0%)
22	<b>BATORY Marek</b>	<b>904</b>	BATORY BAU	M 36-45	12		01:02:53	02:25:58	<b>04:11:24.05</b>	<b>04:11:24.05</b>	+01:15:56 (30.2%)	7:48 7.7 (70.0%)
23	<b>SZAROWICZ Fabian</b>	<b>1037</b>	BATORYBAU	M 46-55	4		01:02:07	02:25:32	<b>04:11:24.20</b>	<b>04:11:24.20</b>	+01:15:56 (30.2%)	7:48 7.7 (70.0%)
24	<b>REGUŁA Piotr</b>	<b>1013</b>		M 18-35	6		00:59:14	02:28:08	<b>04:11:40.10</b>	<b>04:11:40.10</b>	+01:16:12 (30.3%)	7:48 7.7 (70.0%)
25	<b>TAJAK Bartłomiej</b>	<b>1044</b>		M 18-35	7		01:04:31	02:28:47	<b>04:11:48.65</b>	<b>04:11:48.65</b>	+01:16:20 (30.3%)	7:49 7.7 (70.0%)
26	<b>JACHYMSKI Krzysztof</b>	<b>939</b>	VEGE RUNNERS	M 36-45	13	Vege Runners	01:01:02	02:27:58	<b>04:12:11.25</b>	<b>04:12:11.25</b>	+01:16:43 (30.4%)	7:49 7.7 (70.0%)
27	<b>MASHEVSKIY Aleksandr</b>	<b>986</b>		M 36-45	14		01:02:57	02:28:23	<b>04:13:17.60</b>	<b>04:13:17.60</b>	+01:17:49 (30.7%)	7:51 7.6 (69.1%)
28	<b>RUSLOV Vladyslav</b>	<b>1016</b>		M 46-55	5		01:07:08	02:35:46	<b>04:14:24.25</b>	<b>04:14:24.25</b>	+01:18:56 (31.0%)	7:54 7.6 (69.1%)
29	<b>KOZUBEK Artur</b>	<b>958</b>		M 18-35	8		01:05:58	02:31:11	<b>04:14:55.30</b>	<b>04:14:55.30</b>	+01:19:27 (31.2%)	7:54 7.6 (69.1%)
30	<b>RYŻYŃSKA Paulina</b>	<b>1018</b>		K 18-35	3		01:03:51	02:32:53	<b>04:15:02.60</b>	<b>04:15:02.60</b>	+01:19:34 (31.2%)	7:55 7.6 (69.1%)
31	<b>ROSTWOROWSKI Jerzy</b>	<b>1015</b>	KW KRAKÓW	M 36-45	15		01:06:04	02:34:51	<b>04:15:15.65</b>	<b>04:15:15.65</b>	+01:19:47 (31.3%)	7:55 7.6 (69.1%)
32	<b>SKOCZYLAS Mateusz</b>	<b>1024</b>	AW SZYBCIEJ TEAM	M 36-45	16		01:07:28	02:36:27	<b>04:15:21.05</b>	<b>04:15:21.05</b>	+01:19:53 (31.3%)	7:55 7.6 (69.1%)
33	<b>CZAYKOWSKI Wojciech</b>	<b>918</b>	MAMY TO	M 36-45	17	Mamy To	01:05:55	02:34:31	<b>04:17:28.00</b>	<b>04:17:28.00</b>	+01:22:00 (31.9%)	7:59 7.5 (68.2%)
34	<b>CIEŚLIK Konrad</b>	<b>916</b>		M 36-45	18		01:06:22	02:34:45	<b>04:17:49.95</b>	<b>04:17:49.95</b>	+01:22:22 (31.9%)	8:00 7.5 (68.2%)
35	<b>WILK Krzysztof</b>	<b>996</b>		M 36-45	19		01:02:22		<b>04:18:44.00</b>	<b>04:18:44.00</b>	+01:23:16 (32.2%)	8:02 7.5 (68.2%)
36	<b>SZYMASZEK Monika</b>	<b>1043</b>		K 36-45	1		01:07:35	02:34:44	<b>04:18:44.40</b>	<b>04:18:44.40</b>	+01:23:16 (32.2%)	8:02 7.5 (68.2%)
37	<b>PALUCZAK Tadeusz</b>	<b>1001</b>		M 36-45	20		01:04:25	02:32:54	<b>04:26:52.45</b>	<b>04:26:52.45</b>	+01:31:24 (34.3%)	8:17 7.2 (65.5%)
38	<b>JEDLECKA Anna</b>	<b>944</b>		K 36-45	2		01:12:25	02:43:52	<b>04:28:14.95</b>	<b>04:28:14.95</b>	+01:32:47 (34.6%)	8:19 7.2 (65.5%)
39	<b>RZĄDZIŃSKI Paweł</b>	<b>1019</b>		M 36-45	21		01:07:40	02:34:48	<b>04:28:21.05</b>	<b>04:28:21.05</b>	+01:32:53 (34.6%)	8:20 7.2 (65.5%)
40	<b>RYBKA Sławek</b>	<b>1017</b>	PĘDZĄCE ŚLIMAKI	M 36-45	22		01:04:22	02:32:23	<b>04:30:08.90</b>	<b>04:30:08.90</b>	+01:34:41 (35.0%)	8:23 7.2 (65.5%)
41	<b>SABANOWSKA Anna</b>	<b>1020</b>		K 36-45	3		01:07:32	02:38:39	<b>04:31:23.70</b>	<b>04:31:23.70</b>	+01:35:56 (35.3%)	8:25 7.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszczce 20km	Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
42	<b>JAMA Damian</b>	<b>940</b>	##RÓBSWOJE	M 18-35	9		00:59:02	02:57:14	<b>04:31:45.10</b>	<b>04:31:45.10</b>	+01:36:17 (35.4%)	8:26	7.1 (64.5%)
43	<b>GĘSIARZ Bartłomiej</b>	<b>927</b>	ACTIVE TEAM ARCELORMITTAL POLAND	M 36-45	23		01:07:56	02:42:44	<b>04:35:32.00</b>	<b>04:35:32.00</b>	+01:40:04 (36.3%)	8:33	7 (63.6%)
44	<b>LEWANDOWSKI Mateusz</b>	<b>975</b>		M 18-35	10		01:06:19	02:35:27	<b>04:35:49.15</b>	<b>04:35:49.15</b>	+01:40:21 (36.4%)	8:33	7 (63.6%)
45	<b>TENCZYŃSKI Andrzej</b>	<b>1046</b>	SAMOLOTOWY	M 36-45	24	Samolotowy Team	01:10:29	02:43:21	<b>04:38:52.40</b>	<b>04:38:52.40</b>	+01:43:24 (37.1%)	8:39	6.9 (62.7%)
46	<b>SROKA Dariusz</b>	<b>1029</b>	MELANITTA	M 36-45	25	Melanitta	01:05:34	02:37:57	<b>04:38:52.85</b>	<b>04:38:52.85</b>	+01:43:25 (37.1%)	8:39	6.9 (62.7%)
47	<b>BABYCH Sergiy</b>	<b>900</b>		M 46-55	6		01:06:16	02:42:03	<b>04:40:48.95</b>	<b>04:40:48.95</b>	+01:45:21 (37.5%)	8:43	6.9 (62.7%)
48	<b>MARKOTIC Tamara</b>	<b>985</b>	AK SLJEME	K 36-45	4		01:09:34	02:44:25	<b>04:40:55.60</b>	<b>04:40:55.60</b>	+01:45:27 (37.5%)	8:43	6.9 (62.7%)
49	<b>ZIŃCZUK Rafał</b>	<b>1062</b>		M 46-55	7		01:06:13	02:40:59	<b>04:41:30.75</b>	<b>04:41:30.75</b>	+01:46:03 (37.7%)	8:44	6.9 (62.7%)
50	<b>KUREK Mariusz</b>	<b>965</b>	MARATOŃCZYK DĘBICA	M 46-55	8		01:05:26	02:38:57	<b>04:41:51.10</b>	<b>04:41:51.10</b>	+01:46:23 (37.7%)	8:45	6.9 (62.7%)
51	<b>KUREK Michał</b>	<b>966</b>		M 36-45	26		01:05:30	02:38:59	<b>04:41:52.25</b>	<b>04:41:52.25</b>	+01:46:24 (37.8%)	8:45	6.9 (62.7%)
52	<b>DZIADOWIEC Joanna</b>	<b>923</b>		K 18-35	4		01:14:17	02:51:02	<b>04:42:41.45</b>	<b>04:42:41.45</b>	+01:47:13 (37.9%)	8:46	6.8 (61.8%)
53	<b>PARZNIIEWSKI Maciej</b>	<b>1002</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 36-45	27		01:03:23	02:36:28	<b>04:43:14.65</b>	<b>04:43:14.65</b>	+01:47:46 (38.1%)	8:47	6.8 (61.8%)
54	<b>KLIŚ Patrycja</b>	<b>953</b>	TOMICACOACHING	K 46-55	1		01:10:09	02:51:54	<b>04:43:30.05</b>	<b>04:43:30.05</b>	+01:48:02 (38.1%)	8:48	6.8 (61.8%)
55	<b>ŻÓŁKOŚ Bronisław</b>	<b>1064</b>	JEDLICKIE STOWARZYSZENIE SPORTOWO TURYSTYCZNE WOJTEK MTB	M 36-45	28		01:10:18	02:51:09	<b>04:43:34.70</b>	<b>04:43:34.70</b>	+01:48:07 (38.1%)	8:48	6.8 (61.8%)
56	<b>KARAMAŃSKI Dariusz</b>	<b>949</b>		M 46-55	9		01:07:21	02:45:14	<b>04:43:43.00</b>	<b>04:43:43.00</b>	+01:48:15 (38.2%)	8:48	6.8 (61.8%)
57	<b>KOZIOŁ Paweł</b>	<b>1056</b>		M 36-45	29		01:11:47	02:52:16	<b>04:44:15.95</b>	<b>04:44:15.95</b>	+01:48:48 (38.3%)	8:49	6.8 (61.8%)
58	<b>GOŁDYN Michał</b>	<b>1069</b>	PROJEKT 1000UP	M 18-35	11		01:11:22	02:45:40	<b>04:45:42.10</b>	<b>04:45:42.10</b>	+01:50:14 (38.6%)	8:52	6.8 (61.8%)
59	<b>SŁOWIKOWSKI Michał</b>	<b>1026</b>		M 36-45	30		01:08:00	02:43:19	<b>04:47:22.35</b>	<b>04:47:22.35</b>	+01:51:54 (38.9%)	8:55	6.7 (60.9%)
60	<b>JASIOROWSKI Michał</b>	<b>943</b>	PĘDZĄCE ŻELKI	M 36-45	31		01:07:53	02:47:32	<b>04:48:26.45</b>	<b>04:48:26.45</b>	+01:52:58 (39.2%)	8:57	6.7 (60.9%)
61	<b>PROMIŃSKA Karolina</b>	<b>1008</b>	PĘDZĄCE ŻELKI	K 18-35	5		01:07:50	02:47:34	<b>04:48:26.55</b>	<b>04:48:26.55</b>	+01:52:58 (39.2%)	8:57	6.7 (60.9%)
62	<b>LEŚNIAK Joanna</b>	<b>974</b>		K 36-45	5		01:10:12	02:51:12	<b>04:48:35.40</b>	<b>04:48:35.40</b>	+01:53:07 (39.2%)	8:57	6.7 (60.9%)
63	<b>KOGUT Paweł</b>	<b>954</b>		M 36-45	32		01:03:48	02:39:05	<b>04:50:32.85</b>	<b>04:50:32.85</b>	+01:55:05 (39.6%)	9:01	6.6 (60.0%)
64	<b>SOŁTYS Wojciech</b>	<b>1027</b>		M 18-35	12		01:13:02	02:51:56	<b>04:50:40.60</b>	<b>04:50:40.60</b>	+01:55:12 (39.6%)	9:01	6.6 (60.0%)
65	<b>STACHURA Karol</b>	<b>1030</b>		M 18-35	13		01:08:03	02:52:09	<b>04:50:56.40</b>	<b>04:50:56.40</b>	+01:55:28 (39.7%)	9:02	6.6 (60.0%)
66	<b>SZAFRAŃSKA Emilia</b>	<b>1035</b>	TRAIL IS OUR WAY	K 18-35	6		01:15:39	02:53:27	<b>04:51:25.45</b>	<b>04:51:25.45</b>	+01:55:57 (39.8%)	9:03	6.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszczce 20km	Czas		Tempo min/km	Tempo km/h	
									netto 32.2km	brutto 32.2km			
67	<b>SZPAK Sławomir</b>	<b>1041</b>	WEBER ACTIVE TEAM	M 46-55	10		01:11:11	02:51:21	<b>04:54:37.95</b>	<b>04:54:37.95</b>	+01:59:10 (40.4%)	9:08	6.6 (60.0%)
68	<b>GRYGIERCZYK Katarzyna</b>	<b>936</b>		K 18-35	7		01:09:58	02:51:04	<b>04:54:48.60</b>	<b>04:54:48.60</b>	+01:59:20 (40.5%)	9:09	6.6 (60.0%)
69	<b>BIEL Mariusz</b>	<b>907</b>		M 46-55	11		01:12:44	02:53:31	<b>04:54:49.90</b>	<b>04:54:49.90</b>	+01:59:22 (40.5%)	9:09	6.6 (60.0%)
70	<b>GRUBA Maria</b>	<b>935</b>		K 36-45	6		01:12:55	02:55:05	<b>04:55:00.90</b>	<b>04:55:00.90</b>	+01:59:33 (40.5%)	9:09	6.5 (59.1%)
71	<b>NESTERCHUK Vitalii</b>	<b>995</b>		M 36-45	33		01:04:29	02:38:53	<b>04:55:10.65</b>	<b>04:55:10.65</b>	+01:59:42 (40.6%)	9:10	6.5 (59.1%)
72	<b>PRZYCHODZKI Łukasz</b>	<b>1009</b>	WIELISZEW HERON TEAM	M 36-45	34		01:18:00	03:00:53	<b>04:57:19.45</b>	<b>04:57:19.45</b>	+02:01:51 (41.0%)	9:14	6.5 (59.1%)
73	<b>BOSZKO Łukasz</b>	<b>912</b>		M 36-45	35		01:18:03	03:00:54	<b>04:57:19.50</b>	<b>04:57:19.50</b>	+02:01:51 (41.0%)	9:14	6.5 (59.1%)
74	<b>MICHNA Kuba</b>	<b>991</b>		M 18-35	14		01:12:47	02:51:01	<b>04:57:51.10</b>	<b>04:57:51.10</b>	+02:02:23 (41.1%)	9:15	6.5 (59.1%)
75	<b>ŻAK Artur</b>	<b>1063</b>	JURA TEAM	M 46-55	12		01:10:15	02:53:26	<b>04:58:00.40</b>	<b>04:58:00.40</b>	+02:02:32 (41.1%)	9:15	6.5 (59.1%)
76	<b>BODO Konrad</b>	<b>908</b>		M 36-45	36		01:12:29	02:56:25	<b>05:04:35.00</b>	<b>05:04:35.00</b>	+02:09:07 (42.4%)	9:27	6.3 (57.3%)
77	<b>JELTEMA Bastin</b>	<b>945</b>	WM TRISELF	M 36-45	37		01:10:23	02:53:12	<b>05:05:09.10</b>	<b>05:05:09.10</b>	+02:09:41 (42.5%)	9:28	6.3 (57.3%)
78	<b>KIEROŃSKA Daria</b>	<b>951</b>		K 18-35	8		01:17:57	03:00:35	<b>05:05:29.40</b>	<b>05:05:29.40</b>	+02:10:01 (42.6%)	9:29	6.3 (57.3%)
79	<b>KACZMAREK Mateusz</b>	<b>947</b>		M 36-45	38		01:16:10	03:05:49	<b>05:07:12.00</b>	<b>05:07:12.00</b>	+02:11:44 (42.9%)	9:32	6.3 (57.3%)
80	<b>GAŻA Łukasz</b>	<b>926</b>		M 36-45	39		01:12:34	02:55:41	<b>05:08:50.55</b>	<b>05:08:50.55</b>	+02:13:22 (43.2%)	9:35	6.3 (57.3%)
81	<b>HENDEL Magda</b>	<b>978</b>		K 18-35	9		01:12:41	02:58:43	<b>05:11:14.50</b>	<b>05:11:14.50</b>	+02:15:46 (43.6%)	9:39	6.2 (56.4%)
82	<b>GÓRNICKI Tomasz</b>	<b>931</b>	STARE PSY	M 36-45	40		01:17:33	03:06:38	<b>05:11:28.30</b>	<b>05:11:28.30</b>	+02:16:00 (43.7%)	9:40	6.2 (56.4%)
83	<b>GORĄCZNIAK Maciej</b>	<b>930</b>	PENER Z JEŻYC	M 46-55	13		01:17:08	03:02:29	<b>05:12:16.15</b>	<b>05:12:16.15</b>	+02:16:48 (43.8%)	9:41	6.2 (56.4%)
84	<b>SZCZĘSNY Witold</b>	<b>1038</b>	OLD RUNNERS	M 36-45	41		01:20:21	03:07:25	<b>05:13:30.40</b>	<b>05:13:30.40</b>	+02:18:02 (44.0%)	9:44	6.2 (56.4%)
85	<b>STOLARZ Grzegorz</b>	<b>1031</b>	NIEPOŁOMICE BIEGAJĄ	M 46-55	14		01:19:41	03:05:51	<b>05:13:59.25</b>	<b>05:13:59.25</b>	+02:18:31 (44.1%)	9:45	6.2 (56.4%)
86	<b>KRZYSZTOFOWICZ Andrzej</b>	<b>961</b>	ULTRASY	M 36-45	42		01:17:01	03:11:11	<b>05:14:35.50</b>	<b>05:14:35.50</b>	+02:19:07 (44.2%)	9:46	6.1 (55.5%)
87	<b>OSICA Łukasz</b>	<b>998</b>		M 36-45	43		01:21:37	03:07:49	<b>05:15:11.55</b>	<b>05:15:11.55</b>	+02:19:43 (44.3%)	9:47	6.1 (55.5%)
88	<b>BOGUSZ Tomasz</b>	<b>909</b>	PROGRAMISTA W RUCHU	M 36-45	44		01:13:15	02:57:02	<b>05:15:46.80</b>	<b>05:15:46.80</b>	+02:20:19 (44.4%)	9:48	6.1 (55.5%)
89	<b>TOPCZEWSKI Radosław</b>	<b>1072</b>		M 36-45	45		01:11:26	03:00:16	<b>05:15:53.55</b>	<b>05:15:53.55</b>	+02:20:25 (44.5%)	9:48	6.1 (55.5%)
90	<b>GRACZYK Magdalena</b>	<b>933</b>		K 46-55	2		01:19:32	03:10:09	<b>05:16:37.30</b>	<b>05:16:37.30</b>	+02:21:09 (44.6%)	9:49	6.1 (55.5%)
91	<b>PSZENNY Łukasz</b>	<b>1010</b>	ULTRINO AMATEUR	M 18-35	15		01:17:50	03:08:11	<b>05:20:23.25</b>	<b>05:20:23.25</b>	+02:24:55 (45.2%)	9:56	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszczce 20km	Czas		Tempo min/km	Tempo km/h	
									netto 32.2km	brutto 32.2km			
92	<b>DZIURZYNSKI Tomasz</b>	<b>925</b>		M 46-55	15		01:15:48	03:02:36	<b>05:23:31.15</b>	<b>05:23:31.15</b>	+02:28:03 (45.8%)	10:02	6 (54.5%)
93	<b>SUDER Katarzyna</b>	<b>1034</b>		K 18-35	10		01:20:06	03:01:19	<b>05:23:56.20</b>	<b>05:23:56.20</b>	+02:28:28 (45.8%)	10:03	6 (54.5%)
94	<b>ZAPIÓR Marek</b>	<b>1059</b>	ZET RUNNERS	M 56+	1		01:22:49	03:14:47	<b>05:24:27.55</b>	<b>05:24:27.55</b>	+02:28:59 (45.9%)	10:04	6 (54.5%)
95	<b>MAZOYER Anna</b>	<b>989</b>		K 18-35	11		01:09:38	02:55:36	<b>05:26:34.00</b>	<b>05:26:34.00</b>	+02:31:06 (46.3%)	10:08	5.9 (53.6%)
96	<b>KRACZKOWSKI Krzysztof</b>	<b>959</b>	8 BALL CROSS GYM CHEŁM	M 46-55	16		01:17:54	03:10:47	<b>05:26:46.40</b>	<b>05:26:46.40</b>	+02:31:18 (46.3%)	10:08	5.9 (53.6%)
97	<b>GORĄCZNIAK Anna</b>	<b>929</b>	NBR TEAM	K 18-35	12		01:15:46	03:10:43	<b>05:27:58.00</b>	<b>05:27:58.00</b>	+02:32:30 (46.5%)	10:11	5.9 (53.6%)
98	<b>LUBOWIECKA Paulina</b>	<b>977</b>		K 18-35	13		01:18:06	03:09:40	<b>05:28:34.85</b>	<b>05:28:34.85</b>	+02:33:07 (46.6%)	10:12	5.9 (53.6%)
99	<b>WŁOSIK Michał</b>	<b>1054</b>		M 36-45	46		01:22:53	03:17:24	<b>05:29:53.40</b>	<b>05:29:53.40</b>	+02:34:25 (46.8%)	10:14	5.9 (53.6%)
100	<b>MAKSELON Jan</b>	<b>981</b>		M 36-45	47		01:23:04	03:17:23	<b>05:29:53.45</b>	<b>05:29:53.45</b>	+02:34:25 (46.8%)	10:14	5.9 (53.6%)
101	<b>WIŚNIEWSKA Ewa</b>	<b>1053</b>		K 46-55	3		01:13:42	03:15:17	<b>05:33:59.15</b>	<b>05:33:59.15</b>	+02:38:31 (47.5%)	10:22	5.8 (52.7%)
102	<b>MIKINA Artur</b>	<b>993</b>	GUNS @ ROSES RUN TEAM	M 56+	2	guns @ roses run team	01:17:52	03:17:44	<b>05:35:12.50</b>	<b>05:35:12.50</b>	+02:39:44 (47.7%)	10:24	5.8 (52.7%)
103	<b>LECH Arkadiusz</b>	<b>971</b>	OBSTACLE CENTER TEAM	M 36-45	48		01:15:26	03:11:14	<b>05:37:56.45</b>	<b>05:37:56.45</b>	+02:42:28 (48.1%)	10:29	5.7 (51.8%)
104	<b>SZOŁAJSKI Bartłomiej</b>	<b>1040</b>	BIELAŃSKI KLUB SPORTOWY	M 46-55	17		01:16:44	03:10:12	<b>05:38:05.30</b>	<b>05:38:05.30</b>	+02:42:37 (48.1%)	10:29	5.7 (51.8%)
105	<b>DREWNIK Robert</b>	<b>921</b>	BIEGNIJ Z PROSERVICE	M 36-45	49		01:16:07	03:12:39	<b>05:40:30.15</b>	<b>05:40:30.15</b>	+02:45:02 (48.5%)	10:34	5.7 (51.8%)
106	<b>CHWASTOWSKI Filip</b>	<b>915</b>		M 36-45	50		01:12:15	03:15:29	<b>05:42:33.30</b>	<b>05:42:33.30</b>	+02:47:05 (48.8%)	10:38	5.6 (50.9%)
107	<b>DALGIEWICZ Dariusz</b>	<b>919</b>	GUNS N' ROSES RUN TEAM	M 56+	3	guns @ roses run team	01:17:47	03:16:29	<b>05:43:16.75</b>	<b>05:43:16.75</b>	+02:47:49 (48.9%)	10:39	5.6 (50.9%)
108	<b>BIEDROŃ Artur</b>	<b>906</b>	ERP HEART TEAM	M 46-55	18		01:24:40	03:25:00	<b>05:47:00.95</b>	<b>05:47:00.95</b>	+02:51:33 (49.4%)	10:46	5.6 (50.9%)
109	<b>KOPEĆ Sebastian</b>	<b>955</b>	SAINT-GOBAIN SQUAD	M 36-45	51		01:19:44	03:27:49	<b>05:48:09.80</b>	<b>05:48:09.80</b>	+02:52:42 (49.6%)	10:48	5.5 (50.0%)
110	<b>PAPROCKA Marta</b>	<b>681</b>		K 36-45	7		01:16:04	03:45:38	<b>05:50:09.85</b>	<b>05:50:09.85</b>	+02:54:42 (49.9%)	10:52	5.5 (50.0%)
111	<b>MERFELDAS Dalius</b>	<b>990</b>		M 36-45	52		01:26:15	03:29:29	<b>05:51:23.45</b>	<b>05:51:23.45</b>	+02:55:55 (50.1%)	10:54	5.5 (50.0%)
112	<b>SIWIEC Jakub</b>	<b>1023</b>		M 18-35	16		01:26:42	03:23:23	<b>05:53:35.40</b>	<b>05:53:35.40</b>	+02:58:07 (50.4%)	10:58	5.5 (50.0%)
113	<b>WALCZAK Magda</b>	<b>1067</b>		K 36-45	8		01:23:54	03:25:18	<b>05:56:17.75</b>	<b>05:56:17.75</b>	+03:00:50 (50.8%)	11:03	5.4 (49.1%)
114	<b>GLICA Monika</b>	<b>928</b>		K 46-55	4		01:26:34	03:35:01	<b>05:56:29.15</b>	<b>05:56:29.15</b>	+03:01:01 (50.8%)	11:04	5.4 (49.1%)
115	<b>GURDAK Anna</b>	<b>937</b>		K 36-45	9		01:26:30	03:35:01	<b>05:56:29.70</b>	<b>05:56:29.70</b>	+03:01:02 (50.8%)	11:04	5.4 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań	Jaszczce	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							12km	20km	32.2km	32.2km			
116	<b>KRZYSZTOFOWICZ Karolina</b>	<b>960</b>	ULTRASZY	K 36-45	10		01:26:18	03:35:00	<b>05:57:11.45</b>	<b>05:57:11.45</b>	+03:01:43 (50.9%)	11:05	5.4 (49.1%)
117	<b>KACZOR Dagmara</b>	<b>948</b>		K 36-45	11		01:15:59	03:10:40	<b>05:58:45.10</b>	<b>05:58:45.10</b>	+03:03:17 (51.1%)	11:08	5.4 (49.1%)
118	<b>WĄSOWSKI Tomasz</b>	<b>1051</b>		M 18-35	17		01:15:56	03:10:40	<b>05:58:45.35</b>	<b>05:58:45.35</b>	+03:03:17 (51.1%)	11:08	5.4 (49.1%)
119	<b>PIOTRKOWSKI Rafael</b>	<b>1066</b>		M 36-45	53		01:17:30	03:13:34	<b>06:03:41.35</b>	<b>06:03:41.35</b>	+03:08:13 (51.8%)	11:17	5.3 (48.2%)
120	<b>LORENS Katarzyna</b>	<b>976</b>	ZABIEGANY WOŁOMIN	K 46-55	5		01:26:13	03:36:48	<b>06:07:57.75</b>	<b>06:07:57.75</b>	+03:12:30 (52.3%)	11:25	5.3 (48.2%)
121	<b>GRABARCZYK Sebastian</b>	<b>932</b>		M 36-45	54		01:16:54	03:19:19	<b>06:08:05.30</b>	<b>06:08:05.30</b>	+03:12:37 (52.3%)	11:25	5.2 (47.3%)
122	<b>HUTNIK Ewelina</b>	<b>938</b>	POLACY BIEGAJA W UK	K 18-35	14		01:25:16	03:27:49	<b>06:08:09.60</b>	<b>06:08:09.60</b>	+03:12:41 (52.3%)	11:25	5.2 (47.3%)
123	<b>PRAŻANOWSKI Mariusz</b>	<b>1007</b>		M 56+	4		01:25:19	03:43:58	<b>06:09:36.05</b>	<b>06:09:36.05</b>	+03:14:08 (52.5%)	11:28	5.2 (47.3%)
124	<b>SZAROTT Jakub</b>	<b>1036</b>	PRZODOTYŁY	M 36-45	55		01:21:45	03:31:29	<b>06:11:32.90</b>	<b>06:11:32.90</b>	+03:16:05 (52.8%)	11:32	5.2 (47.3%)
125	<b>BEDNARSKA Beata</b>	<b>905</b>		K 36-45	12		01:21:25	03:29:54	<b>06:12:11.15</b>	<b>06:12:11.15</b>	+03:16:43 (52.9%)	11:33	5.2 (47.3%)
126	<b>MALIK Szymon</b>	<b>982</b>		M 46-55	19		01:21:14	03:29:57	<b>06:12:20.75</b>	<b>06:12:20.75</b>	+03:16:53 (52.9%)	11:33	5.2 (47.3%)
127	<b>MATEJCZYK Dorota</b>	<b>988</b>	MAMY TO	K 36-45	13	Mamy To	01:25:53	03:43:58	<b>06:12:30.25</b>	<b>06:12:30.25</b>	+03:17:02 (52.9%)	11:34	5.2 (47.3%)
128	<b>BAKALARSKA Urszula</b>	<b>903</b>		K 36-45	14		01:26:36	03:30:51	<b>06:12:42.30</b>	<b>06:12:42.30</b>	+03:17:14 (52.9%)	11:34	5.2 (47.3%)
129	<b>MIERCZYK Agnieszka</b>	<b>992</b>	BEZNAPIŃY	K 36-45	15		01:25:35	03:38:38	<b>06:12:57.50</b>	<b>06:12:57.50</b>	+03:17:29 (53.0%)	11:34	5.2 (47.3%)
130	<b>SUDER Michał</b>	<b>1033</b>	BEZNAPIŃY	M 36-45	56		01:25:44	03:38:39	<b>06:12:57.95</b>	<b>06:12:57.95</b>	+03:17:30 (53.0%)	11:34	5.2 (47.3%)
131	<b>ZACHWIEJA Katarzyna</b>	<b>1057</b>		K 46-55	6		01:21:34	03:53:05	<b>06:13:04.05</b>	<b>06:13:04.05</b>	+03:17:36 (53.0%)	11:35	5.2 (47.3%)
132	<b>POSYŃIAK Michał</b>	<b>1006</b>	TRI AMO	M 36-45	57		01:29:05	03:37:29	<b>06:15:50.75</b>	<b>06:15:50.75</b>	+03:20:23 (53.3%)	11:40	5.1 (46.4%)
133	<b>PERZ Marzenna</b>	<b>1003</b>	NIE TYLKO ULTRA	K 56+	1		01:26:21	03:50:44	<b>06:17:29.80</b>	<b>06:17:29.80</b>	+03:22:02 (53.5%)	11:43	5.1 (46.4%)
134	<b>KOWALCZYK Joanna</b>	<b>956</b>	OBSTACLE CENTER TEAM	K 18-35	15		01:24:31	03:37:22	<b>06:17:54.00</b>	<b>06:17:54.00</b>	+03:22:26 (53.6%)	11:44	5.1 (46.4%)
135	<b>LENART Marzena</b>	<b>973</b>		K 36-45	16			03:39:17	<b>06:17:58.70</b>	<b>06:17:58.70</b>	+03:22:31 (53.6%)	11:44	5.1 (46.4%)
136	<b>PACZUSKI Piotr</b>	<b>999</b>	8 BALL CROSS GYM CHEŁM	M 36-45	58		01:21:29	03:23:25	<b>06:21:20.25</b>	<b>06:21:20.25</b>	+03:25:52 (54.0%)	11:50	5.1 (46.4%)
137	<b>WANGLER Tomasz</b>	<b>1050</b>	MAMY TO	M 46-55	20		01:24:03	03:39:18	<b>06:23:30.25</b>	<b>06:23:30.25</b>	+03:28:02 (54.2%)	11:54	5 (45.5%)
137	<b>MAJSTEREK Karolina</b>	<b>980</b>	MAMY TO	K 36-45	17	Mamy To	01:31:29	03:43:57	<b>06:23:30.25</b>	<b>06:23:30.25</b>	+03:28:02 (54.2%)	11:54	5 (45.5%)
139	<b>LENARCZYK Katarzyna</b>	<b>972</b>		K 46-55	7		01:25:11	03:41:24	<b>06:27:14.20</b>	<b>06:27:14.20</b>	+03:31:46 (54.7%)	12:01	5 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszczce 20km	Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
140	<b>KURPISZ-SKWARCZAK</b> Karolina	<b>967</b>		K 36-45	18		01:26:26	03:48:25	<b>06:29:27.00</b>	<b>06:29:27.00</b>	+03:33:59 (54.9%)	12:05	5 (45.5%)
141	<b>MORAWSKA</b> Anna	<b>994</b>	BEZ KONDYCJI	K 56+	2		01:28:17	03:44:07	<b>06:30:00.70</b>	<b>06:30:00.70</b>	+03:34:33 (55.0%)	12:06	5 (45.5%)
142	<b>ŻYLIŃSKA</b> Urszula	<b>1065</b>		K 46-55	8		01:24:42	04:01:23	<b>06:31:31.60</b>	<b>06:31:31.60</b>	+03:36:03 (55.2%)	12:09	4.9 (44.5%)
143	<b>KUNIKOWSKA</b> Aleksandra	<b>964</b>		K 18-35	16		01:26:39	03:53:29	<b>06:31:46.95</b>	<b>06:31:46.95</b>	+03:36:19 (55.2%)	12:09	4.9 (44.5%)
144	<b>KUCOWSKA</b> Anna	<b>963</b>	KLUB ŻÓŁTEGO BURKA	K 36-45	19		01:32:13	03:53:28	<b>06:32:58.10</b>	<b>06:32:58.10</b>	+03:37:30 (55.3%)	12:12	4.9 (44.5%)
145	<b>MAŁODOBRY</b> Krzysztof	<b>983</b>		M 56+	5		01:31:07	03:51:30	<b>06:36:23.20</b>	<b>06:36:23.20</b>	+03:40:55 (55.7%)	12:18	4.9 (44.5%)
146	<b>KOZIOŁ</b> Ewa	<b>957</b>	RUNPROGRESS.PL TEAM	K 46-55	9		01:32:30	03:57:08	<b>06:40:11.45</b>	<b>06:40:11.45</b>	+03:44:43 (56.2%)	12:25	4.8 (43.6%)
147	<b>BUJOCZEK</b> Małgorzata	<b>913</b>		K 36-45	20		01:39:00	04:00:07	<b>06:47:22.10</b>	<b>06:47:22.10</b>	+03:51:54 (56.9%)	12:39	4.7 (42.7%)
148	<b>MACIEJCZYK</b> Marcin	<b>979</b>		M 36-45	59		01:23:57	03:49:46	<b>07:10:31.55</b>	<b>07:10:31.55</b>	+04:15:03 (59.2%)	13:22	4.5 (40.9%)
149	<b>BOJAR</b> Paweł	<b>911</b>		M 46-55	21		01:38:52	04:06:31	<b>07:10:57.80</b>	<b>07:10:57.80</b>	+04:15:30 (59.3%)	13:23	4.5 (40.9%)
150	<b>TARGOŃSKA</b> Marta	<b>1045</b>		K 36-45	21		01:59:39	04:36:50	<b>07:53:02.10</b>	<b>07:53:02.10</b>	+04:57:34 (62.9%)	14:41	4.1 (37.3%)
151	<b>ZAPAŁA</b> Piotr	<b>1058</b>	DREAMRUN	M 18-35	18		00:59:32				+00:11:04	4:57	12.1 (110.0%)
	<b>SAINTEMARIE</b> Arnaud	<b>1021</b>	MARCIN SWIERC TEAM	M 36-45			01:03:54 DNF	02:35:51 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KUCIŃSKA</b> Magdalena	<b>962</b>		K 46-55			01:22:00 DNF	03:53:05 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BACZUK</b> Jakub	<b>901</b>	OCH	M 36-45			01:13:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 154 wynik(ów)