



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Gorce Ultra-Trail
Fundacja Run Vegan - GUT
2023-08-04
Ochoznica Dolna
33 km

GORCE ULTRA-TRAIL® 33 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Lubań 12km	Jaszcze 20km	Rozwidlenie 84/48 25km	Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
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	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%)
13	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%)
14	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%)
15	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%)

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	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	WAWRZY尼亚K 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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)

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							Lubań 12km	Jaszczce 20km	84/48 25km					
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)
62	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%)
63	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%)

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							Lubań 12km	Jaszczce 20km	84/48 25km					
64	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%)
65	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%)
66	ORĘZIAK 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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
72	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Rozwiedlenie			Czas netto 32.2km	Czas brutto 32.2km	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Jaszczce 20km	84/48 25km					
88	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%)
89	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%)
90	NAPIERAŁSKI 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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	GEŚIARZ 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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)

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					
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
	SENTYSZ Robert	1099	SENLABS.PL	M 36-45			00:50:54 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WROŃSKI 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%)
	SOWA Grzegorz	1064	#KUBAPIECHTEAM	M 46-55			01:40:03 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 124 wynik(ów)