



Klasyfikacja: Wszyscy

GORCE ULTRA-TRAIL® 48 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Gorce Ultra-Trail 2021
Organizator: Fundacja Run Vegan - GUT
Data: 2021-07-31
Miejsce: Ochotnica Dolna
Dystans: 48 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
1	BARAN Wojtek	409	OKNOPLAST RUNNING TEAM	M 36-44	1	01:12:49	02:20:28	04:18:32		04:51:32.55	04:51:35.50		6:04	9.9 (100%)
2	RĄCZKA Janusz	574	RABKA ZDRÓJ	M 35	1	01:12:56	02:19:24	04:24:04		05:00:05.70	05:00:07.90	+00:08:32 (2.8%)	6:15	9.6 (97.0%)
3	GABRYŚ Rafał	462	MOK MSZANA DOLNA	M 35	2	01:11:59	02:16:14	04:20:58		05:04:04.65	05:04:07.35	+00:12:31 (4.1%)	6:20	9.5 (96.0%)
4	GÓRAK Przemysław	474	KB SOBÓTKA	M 36-44	2	01:16:41	02:26:28	04:27:49		05:05:49.50	05:05:51.75	+00:14:16 (4.7%)	6:22	9.4 (94.9%)
5	SUROWIEC Michał	599	MOJE BIEGANIE	M 36-44	3	01:17:19	02:29:26	04:36:33	00:15:00	05:27:27.30	05:27:30.45	+00:35:54 (11.0%)	6:30	9.2 (92.9%)
6	KOPCEWICZ Tomasz	505		M 36-44	4	01:24:29	02:38:02	04:50:21		05:28:51.85	05:28:54.60	+00:37:19 (11.3%)	6:51	8.8 (88.9%)
7	PRZYBYLSKI Krzysztof	567		M 36-44	5	01:24:41	02:41:35	04:51:43		05:29:44.85	05:29:48.00	+00:38:12 (11.6%)	6:52	8.7 (87.9%)
8	GRABOWSKI Mateusz	475		M 35	3	01:24:35	02:43:45	04:51:35		05:30:13.80	05:30:20.25	+00:38:44 (11.7%)	6:52	8.7 (87.9%)
9	SNARSKI Bogdan	591	MISTRZ_DWUMARATONU	M 36-44	6	01:23:16	02:41:19	04:59:31		05:35:18.20	05:35:23.15	+00:43:47 (13.1%)	6:59	8.6 (86.9%)
10	SARNA Krzysztof	582		M 35	4	01:25:30	02:42:50	04:55:47		05:35:55.40	05:35:58.95	+00:44:23 (13.2%)	6:59	8.6 (86.9%)
11	TOPOLSKI Marcin	613	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M 45-59	1	01:23:18	02:41:38	04:55:48		05:36:44.45	05:36:50.55	+00:45:15 (13.4%)	7:00	8.6 (86.9%)
12	KOŚCIÓŁEK Kamil	510	VISEGRAD MARATON RYTRO	M 35	5	01:27:09	02:44:11	05:00:40		05:39:10.10	05:39:15.60	+00:47:40 (14.1%)	7:03	8.5 (85.9%)
13	WĘGLIŃSKI Mikołaj	622		M 35	6	01:27:05	02:48:38	05:03:44		05:39:02.10	05:39:15.90	+00:47:40 (14.1%)	7:03	8.5 (85.9%)
14	BANIAK Marcin	407	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	M 36-44	7	01:26:31	02:44:56	05:11:20		05:51:02.90	05:51:05.00	+00:59:29 (16.9%)	7:18	8.2 (82.8%)
15	BACHLEDA Aleksander	403		M 35	7	01:27:26	02:48:33	05:14:16		05:52:14.30	05:52:33.55	+01:00:58 (17.3%)	7:20	8.2 (82.8%)
16	FRANCUZ Konrad	457		M 45-59	2	01:27:48	02:49:57	05:15:08		05:56:36.50	05:56:44.75	+01:05:09 (18.3%)	7:25	8.1 (81.8%)
17	ZIĘBA Mariusz	639	BOBOWSKA GRUPA BIEGOWA	M 45-59	3	01:34:55	02:59:11	05:23:53		06:00:35.35	06:00:40.05	+01:09:04 (19.2%)	7:30	8 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 48km	brutto 48km			
18	PAŁKA Tomasz	550	KB PARANTELA	M 45-59	4	01:27:28	02:50:30	05:20:29		06:01:16.85	06:01:22.75	+01:09:47 (19.3%)	7:31	8 (80.8%)
19	PISZCZEK Jakub	561		M 36-44	8	01:28:18	02:49:46	05:22:20		06:03:23.85	06:03:29.35	+01:11:53 (19.8%)	7:34	7.9 (79.8%)
20	FELUCH Krzysztof	452	JACEK BIEGA RUNNING TEAM	M 45-59	5	01:34:25	02:57:44	05:26:17		06:04:19.95	06:04:27.65	+01:12:52 (20.0%)	7:35	7.9 (79.8%)
21	DĄBROWSKI Michał	438	CINCLUS	M 45-59	6	01:27:40	02:51:59	05:25:48		06:04:00.70	06:04:32.90	+01:12:57 (20.0%)	7:35	7.9 (79.8%)
22	MARKIEWICZ Agnieszka	529	PRORUNNING PROMOTION	K 35	1	01:28:29	02:54:36	05:24:11		06:04:54.70	06:04:58.55	+01:13:23 (20.1%)	7:36	7.9 (79.8%)
23	SWIANIEWICZ Stanisław	600		M 35	8	01:27:25	02:54:07	05:27:44		06:09:08.55	06:09:13.85	+01:17:38 (21.0%)	7:41	7.8 (78.8%)
24	OCHWAT Piotr	547	RACE+	M 35	9	01:34:32	02:59:34	05:30:12		06:09:17.00	06:09:27.80	+01:17:52 (21.1%)	7:41	7.8 (78.8%)
25	DZIADZIO Małgorzata	445	RACE+	K 35	2	01:34:36	02:59:35	05:30:09		06:09:17.85	06:09:27.90	+01:17:52 (21.1%)	7:41	7.8 (78.8%)
26	RACZYC Janusz	572	HIT THE TRAIL	M 35	10	01:25:02	02:47:36	05:26:08		06:11:00.70	06:11:06.20	+01:19:30 (21.4%)	7:43	7.8 (78.8%)
27	GOŁĘBIEWSKA Oliwia	470		K 35	3	01:32:47	02:57:09	05:27:51		06:11:21.90	06:11:42.45	+01:20:06 (21.6%)	7:44	7.8 (78.8%)
28	GLAB Krzysztof	466	VEGE RABBITS	M 45-59	7	01:26:50	02:49:45	05:28:44		06:14:25.35	06:14:30.55	+01:22:55 (22.1%)	7:48	7.7 (77.8%)
29	KWAŚNIEWSKI Krzysztof	522	TRENER FOREST	M 45-59	8	01:29:38	02:58:21	05:33:17		06:18:03.20	06:18:13.65	+01:26:38 (22.9%)	7:52	7.6 (76.8%)
30	KRAWCZYK Łukasz	513	GRUPALUKTRANS.PL	M 36-44	9	01:34:15	03:02:01	05:33:27		06:18:21.70	06:18:29.40	+01:26:53 (23.0%)	7:52	7.6 (76.8%)
31	CAPUTA Wojciech	430		M 45-59	9	01:35:02	03:01:05	05:36:59		06:19:19.90	06:19:24.75	+01:27:49 (23.1%)	7:54	7.6 (76.8%)
32	ADAMEK Dariusz	400	#ADAMCZERWIŃSKITEAM	M 45-59	10	01:32:09	02:59:21	05:33:08		06:20:28.35	06:20:39.45	+01:29:03 (23.4%)	7:55	7.6 (76.8%)
33	KOVACS Norbert	511		M 45-59	11	01:37:34	03:04:10	05:34:14		06:21:31.50	06:21:54.50	+01:30:19 (23.6%)	7:56	7.5 (75.8%)
34	BARAN Zbigniew	408		M 36-44	10	01:29:39	02:54:19	05:40:23		06:22:59.85	06:23:10.90	+01:31:35 (23.9%)	7:58	7.5 (75.8%)
35	GUTAN Damian	479		M 35	11	01:27:33	02:52:32	05:35:38		06:23:18.70	06:23:38.25	+01:32:02 (24.0%)	7:59	7.5 (75.8%)
36	DZIEDZIC Krzysztof	446		M 36-44	11	01:36:12	03:03:42	05:44:32		06:25:43.60	06:26:02.35	+01:34:26 (24.5%)	8:02	7.5 (75.8%)
37	PAWLIKOWSKI Damian	649	SKLEP PRESTO	M 35	12	01:31:50	03:01:09	05:47:13		06:27:20.45	06:27:39.05	+01:36:03 (24.8%)	8:04	7.4 (74.7%)
38	ZABRZEWSKI Patryk	635	KLUB BIEGACZA FARTLEK/KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ	M 36-44	12	01:28:40	03:00:29	05:43:57		06:27:51.05	06:27:55.45	+01:36:19 (24.8%)	8:04	7.4 (74.7%)
39	CARUK Damian	431		M 45-59	12	01:32:50	03:01:55	05:43:53		06:28:08.90	06:28:19.95	+01:36:44 (24.9%)	8:05	7.4 (74.7%)
40	KSIĄŻEK Kacper	517		M 35	13	01:38:43	03:10:14	05:48:53		06:29:00.70	06:29:31.55	+01:37:56 (25.1%)	8:06	7.4 (74.7%)
41	OBARA Michał	544		M 36-44	13	01:33:13	03:03:40	05:45:23		06:29:36.15	06:29:44.60	+01:38:09 (25.2%)	8:07	7.4 (74.7%)
42	WOŹNY Paweł	631	RUNPROGRESS TEAM	M 36-44	14	01:27:02	02:51:19	05:36:08		06:30:11.75	06:30:18.20	+01:38:42 (25.3%)	8:07	7.4 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 48km	brutto 48km			
43	BRZOZOWSKA Joanna	427	ZADYSZKA	K 35	4	01:38:06	03:08:59	05:49:23		06:30:46.50	06:31:07.25	+01:39:31 (25.4%)	8:08	7.4 (74.7%)
44	WINTER Piotr	626	NIGHT RUNNERS	M 35	14	01:30:04	02:59:14	05:49:30		06:32:27.60	06:32:31.85	+01:40:56 (25.7%)	8:10	7.3 (73.7%)
45	MAZUR Paweł	532		M 35	15	01:33:46	03:04:56	05:48:37		06:33:21.50	06:33:25.15	+01:41:49 (25.9%)	8:11	7.3 (73.7%)
46	RAJTAR Zbigniew	573		M 60+	1	01:38:35	03:10:11	05:48:45		06:33:23.60	06:33:27.15	+01:41:51 (25.9%)	8:11	7.3 (73.7%)
47	BROK Jacek	423		M 45-59	13	01:37:17	03:09:21	05:50:23		06:35:31.20	06:35:52.60	+01:44:17 (26.3%)	8:14	7.3 (73.7%)
48	PIWOŃSKI Adam	644		M 36-44	15	01:34:37	03:09:38	05:55:33		06:38:03.00	06:38:20.40	+01:46:44 (26.8%)	8:17	7.2 (72.7%)
49	JAMROZIAK Grzegorz	487	AARSLEFF.BIZ RUNNING TEAM	M 36-44	16	01:34:46	03:02:01	05:54:33		06:38:34.90	06:38:45.60	+01:47:10 (26.9%)	8:18	7.2 (72.7%)
50	JAREMA Maciej	489	LOKOMOTIV MAJDAN	M 36-44	17	01:41:10	03:11:38	05:49:36		06:38:39.20	06:38:48.75	+01:47:13 (26.9%)	8:18	7.2 (72.7%)
51	KORUS Marek	508	ULTRAMAREKTEAM	M 45-59	14	01:30:04	03:02:56	05:53:58		06:38:49.95	06:38:57.10	+01:47:21 (26.9%)	8:18	7.2 (72.7%)
52	GIERLACH Grzegorz	465		M 36-44	18	01:38:29	03:09:18	05:53:42		06:38:55.60	06:39:11.90	+01:47:36 (27.0%)	8:18	7.2 (72.7%)
53	PODRAZA Barbara	564		K 45-59	1	01:42:35	03:12:36	05:55:54		06:39:14.50	06:39:20.45	+01:47:44 (27.0%)	8:19	7.2 (72.7%)
54	GARSTECKA Joanna	463	SKAWINA BIEGA	K 36-44	1	01:37:38	03:13:04	05:55:48		06:39:14.25	06:39:20.50	+01:47:45 (27.0%)	8:19	7.2 (72.7%)
55	NOWOROLNIK Piotr	542	LUBAŃ TYLMANOWA	M 36-44	19	01:32:32	03:03:17	05:54:56		06:40:09.90	06:40:23.30	+01:48:47 (27.2%)	8:20	7.2 (72.7%)
56	BADOWSKI Rafał	404	WSZYSTKO JEST W GŁOWIE!!!	M 45-59	15	01:33:27	03:02:58	05:54:45		06:40:16.35	06:40:28.60	+01:48:53 (27.2%)	8:20	7.2 (72.7%)
57	BOHDANOWICZ Krystian	420	ATLAS RUNNING TEAM	M 36-44	20	01:34:29	03:03:40	05:55:08		06:40:22.65	06:40:30.15	+01:48:54 (27.2%)	8:20	7.2 (72.7%)
58	NOWICKI Zbigniew	540	TRIAMIGOS	M 45-59	16	01:50:21	03:20:51	06:02:27		06:42:37.45	06:43:11.65	+01:51:36 (27.7%)	8:23	7.2 (72.7%)
59	HANS Michał	481		M 35	16	01:24:43	02:46:01	05:22:42		06:43:57.45	06:44:02.00	+01:52:26 (27.8%)	8:24	7.1 (71.7%)
60	GOLEK Robert	469	FORZA ŁĘKAWICA	M 45-59	17	01:30:13	03:02:31	05:59:25		06:43:52.70	06:44:10.80	+01:52:35 (27.9%)	8:24	7.1 (71.7%)
61	SAMBORSKI Rafał	581	GOPR JURA	M 36-44	21	01:37:27	03:11:10	05:57:19		06:44:02.05	06:44:27.50	+01:52:52 (27.9%)	8:25	7.1 (71.7%)
62	PIESZKO Magda	556	KRAWCZYŃSKATEAM	K 36-44	2	01:42:39	03:18:38	06:02:43		06:44:19.15	06:44:32.80	+01:52:57 (27.9%)	8:25	7.1 (71.7%)
63	KUPIŃSKA Magdalena	520		K 35	5	01:42:01	03:15:15	06:01:55		06:44:30.55	06:44:40.15	+01:53:04 (27.9%)	8:25	7.1 (71.7%)
64	SADOWSKA Jagoda	579		K 35	6	01:35:12	03:07:21	06:00:06		06:46:07.15	06:46:11.00	+01:54:35 (28.2%)	8:27	7.1 (71.7%)
65	TKACZYK-TOFIL Katarzyna	609	OSTROBIEC	K 36-44	3	01:42:55	03:16:07	06:03:27		06:49:15.35	06:49:39.55	+01:58:04 (28.8%)	8:31	7 (70.7%)
66	ŚWIDZIŃSKI Tomasz	607	VEGE RUNNERS	M 45-59	18	01:47:18	03:18:58	06:05:13		06:50:06.90	06:50:16.80	+01:58:41 (28.9%)	8:32	7 (70.7%)
67	FURMAŃSKI Kuba	461		M 36-44	22	01:33:26	03:09:44	06:06:03		06:52:18.95	06:52:27.50	+02:00:52 (29.3%)	8:35	7 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 48km	brutto 48km			
68	MIROCHA Łukasz	536	LUKATEAM	M 36-44	23	01:41:45	03:18:26	06:06:58		06:54:01.50	06:54:20.25	+02:02:44 (29.6%)	8:37	7 (70.7%)
69	MIKOLAJCZYK Łukasz	534		M 36-44	24	01:40:45	03:16:37	06:07:33		06:55:00.90	06:55:23.25	+02:03:47 (29.8%)	8:38	6.9 (69.7%)
70	FELIGA Mariusz	451		M 36-44	25	01:41:42	03:11:56	06:10:26		06:58:07.80	06:58:25.10	+02:06:49 (30.3%)	8:42	6.9 (69.7%)
71	SKÓRA Wojciech	648		M 45-59	19	01:49:30	03:28:49	06:11:51		06:58:11.95	06:58:46.25	+02:07:10 (30.4%)	8:42	6.9 (69.7%)
72	PARUCKI Michał	552	VEGE RUNNERS	M 36-44	26	01:42:01	03:16:16	06:11:04		06:58:52.65	06:59:05.00	+02:07:29 (30.4%)	8:43	6.9 (69.7%)
73	NOWOBILSKI Jakub	541		M 35	17	01:34:15	03:03:58	06:11:51		07:01:27.20	07:01:40.60	+02:10:05 (30.8%)	8:46	6.8 (68.7%)
74	TURSKA Agnieszka	616	DUDYCZ RUN	K 36-44	4	01:43:13	03:18:48	06:16:54		07:02:13.85	07:02:18.10	+02:10:42 (31.0%)	8:47	6.8 (68.7%)
75	ZEGARMISTRZ Grzegorz	638		M 36-44	27	01:41:49	03:13:44	06:27:18		07:03:33.00	07:04:07.85	+02:12:32 (31.2%)	8:49	6.8 (68.7%)
76	ŻAK Barbara	640	JURA TEAM	K 45-59	2	01:41:08	03:22:01	06:14:05		07:05:31.70	07:05:36.70	+02:14:01 (31.5%)	8:51	6.8 (68.7%)
77	KOSMAŁA Przemek	509	MARCINSWIERCTEAM	M 36-44	28	01:39:10	03:18:26	06:16:39		07:06:38.95	07:06:45.25	+02:15:09 (31.7%)	8:53	6.8 (68.7%)
78	WROE Agnieszka	270		K 36-44	5	01:42:47	03:21:27			07:07:18.75	07:07:44.90	+02:16:09 (31.8%)	8:54	6.7 (67.7%)
79	GAWIN Krzysiek	464		M 36-44	29	01:38:56	03:12:32	06:21:54		07:07:41.35	07:07:50.30	+02:16:14 (31.8%)	8:54	6.7 (67.7%)
80	KOPACKA Edyta	504	KB SOBÓTKA	K 36-44	6	01:49:13	03:26:20	06:25:19		07:07:53.20	07:08:07.95	+02:16:32 (31.9%)	8:54	6.7 (67.7%)
81	KRUKOWSKI Krzysztof	645	ARCO ŁAWY	M 45-59	20	01:41:58	03:21:39	06:22:18		07:07:50.70	07:08:09.05	+02:16:33 (31.9%)	8:54	6.7 (67.7%)
82	KUROWSKI Mariusz	521		M 36-44	30	01:43:15	03:21:33	06:25:05		07:08:21.10	07:08:36.50	+02:17:01 (32.0%)	8:55	6.7 (67.7%)
83	TRYBALSKI Piotr	615	PATO TEAM	M 45-59	21	01:39:20	03:16:58	06:13:56		07:08:20.60	07:08:51.55	+02:17:16 (32.0%)	8:55	6.7 (67.7%)
84	SIEMIĄTKOWSKI Norbert	646	ARCO ŁAWY	M 45-59	22	01:42:30	03:21:36	06:22:09		07:10:16.50	07:10:34.55	+02:18:59 (32.3%)	8:57	6.7 (67.7%)
85	TARNAWSKI Marcin	608		M 36-44	31	01:39:44	03:19:28	06:25:40		07:11:02.15	07:11:13.80	+02:19:38 (32.4%)	8:58	6.7 (67.7%)
86	BACAŃSKI Paweł	402	KBKS RADOMSKO	M 35	18	01:43:18	03:20:54	06:25:09		07:11:43.65	07:11:59.00	+02:20:23 (32.5%)	8:59	6.7 (67.7%)
87	BUDZIASZEK Agnieszka	428	EFFI RUN TEAM	K 35	7	01:43:43	03:27:09	06:23:04		07:11:58.95	07:12:13.40	+02:20:37 (32.5%)	8:59	6.7 (67.7%)
88	SZEWCZYK Monika	602	BRZYSKITRITEAM	K 36-44	7	01:48:02	03:29:48	06:25:29		07:12:55.65	07:13:09.70	+02:21:34 (32.7%)	9:01	6.7 (67.7%)
89	PUDEŁKO Rafał	568		M 36-44	32	01:42:57	03:18:34	06:25:34		07:12:56.85	07:13:10.25	+02:21:34 (32.7%)	9:01	6.7 (67.7%)
90	BROZEK Aleksander	424		M 36-44	33	01:45:21	03:26:18	06:27:58		07:14:10.60	07:14:28.95	+02:22:53 (32.9%)	9:02	6.6 (66.7%)
91	PIETRZAK Maciej	557		M 35	19	01:38:41	03:13:44	06:22:47		07:17:46.70	07:18:14.80	+02:26:39 (33.5%)	9:07	6.6 (66.7%)
92	JAWORSKA Karolina	490		K 35	8	01:44:28	03:21:25	06:28:58		07:19:01.10	07:19:20.75	+02:27:45 (33.6%)	9:08	6.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 48km	brutto 48km			
93	IWANIUK Maciej	483		M 35	20	01:38:06	03:11:35	06:29:40		07:19:44.25	07:19:49.75	+02:28:14 (33.7%)	9:09	6.5 (65.7%)
94	TOKARZ Marcin	611		M 45-59	23	01:41:23	03:26:56	06:29:00		07:19:32.20	07:19:58.95	+02:28:23 (33.7%)	9:09	6.6 (66.7%)
95	BUNSCH Adam	429		M 36-44	34	01:38:41	03:20:11	06:28:45		07:20:24.40	07:20:40.30	+02:29:04 (33.8%)	9:10	6.5 (65.7%)
96	FILO Michał	453		M 36-44	35	01:38:37	03:20:09	06:28:52		07:20:24.50	07:20:40.45	+02:29:04 (33.8%)	9:10	6.5 (65.7%)
97	KOPIEC Izabela	506		K 36-44	8	01:44:46	03:33:19	06:33:49		07:21:30.80	07:21:41.80	+02:30:06 (34.0%)	9:11	6.5 (65.7%)
98	GRZYWACZ Wojciech	478	FARTLEK GO	M 45-59	24	01:43:40	03:27:35	06:32:13		07:21:30.45	07:21:42.20	+02:30:06 (34.0%)	9:11	6.5 (65.7%)
99	POREMBSKI Leszek	565		M 45-59	25	01:43:18	03:27:09	06:30:37		07:21:32.45	07:21:42.80	+02:30:07 (34.0%)	9:11	6.5 (65.7%)
100	ĆMIELIŃSKI Tomasz	437	KW KRAKÓW	M 45-59	26	01:38:57	03:23:36	06:36:20		07:24:24.05	07:24:33.80	+02:32:58 (34.4%)	9:15	6.5 (65.7%)
101	LASOTA Emilia	523		K 35	9	01:43:43	03:18:45	06:29:06		07:27:20.25	07:27:26.85	+02:35:51 (34.8%)	9:19	6.4 (64.6%)
102	MARCINKIEWICZ Paweł	528	VEGE RUNNERS	M 35	21	01:41:41	03:23:15	06:36:31		07:29:46.35	07:30:02.25	+02:38:26 (35.2%)	9:22	6.4 (64.6%)
103	OLEJNIK Krzysztof	548	PGB SPORTOWA PACZKA	M 45-59	27	01:50:55	03:38:15	06:38:34		07:30:34.65	07:31:05.65	+02:39:30 (35.4%)	9:23	6.4 (64.6%)
104	STACHERA Aleksandra	595	EFFI RUN TEAM	K 35	10	01:52:33	03:36:29	06:43:50		07:33:42.15	07:33:56.20	+02:42:20 (35.8%)	9:27	6.3 (63.6%)
105	SZCZYPIORSKA Monika	601		K 35	11	01:48:54	03:37:21	06:43:41		07:35:43.20	07:36:10.85	+02:44:35 (36.1%)	9:29	6.3 (63.6%)
106	NOWAK Wojciech	539	BEFIT24TEAM	M 45-59	28	01:41:58	03:26:43	06:43:36		07:39:22.85	07:39:32.30	+02:47:56 (36.5%)	9:34	6.3 (63.6%)
107	JONIEC Jarosław	493		M 45-59	29	01:43:28	03:32:47	06:52:24		07:39:56.20	07:40:06.55	+02:48:31 (36.6%)	9:34	6.3 (63.6%)
108	SIKLUCKI Grzegorz	587	ONE WAY TICKET	M 45-59	30	01:42:08	03:29:18	06:48:13		07:40:03.85	07:40:15.25	+02:48:39 (36.6%)	9:35	6.3 (63.6%)
109	FORTUNA Michał	456		M 35	22	01:54:08	03:36:47	06:48:55		07:40:22.95	07:40:55.40	+02:49:19 (36.7%)	9:35	6.3 (63.6%)
110	PASEK Monika	553	DANIEL WOSIK TERVEL TEAM	K 36-44	9	01:49:45	03:40:23	06:53:57		07:41:15.10	07:41:30.35	+02:49:54 (36.8%)	9:36	6.2 (62.6%)
111	PETER Marcin	555		M 45-59	31	01:43:59	03:30:01	06:48:21		07:41:22.10	07:41:34.35	+02:49:58 (36.8%)	9:36	6.2 (62.6%)
112	BĘBEN Robert	416	OSTROBIEC	M 45-59	32	01:49:07	03:39:29	06:49:56		07:41:19.45	07:41:43.10	+02:50:07 (36.8%)	9:36	6.2 (62.6%)
113	KAJMOWICZ Aleksander	496	PTG SOKÓŁ W TUCHOWIE	M 45-59	33	01:48:13	03:41:55	06:54:10		07:43:20.55	07:43:30.90	+02:51:55 (37.1%)	9:39	6.2 (62.6%)
114	OŁOWNIA Joanna	246		K 35	12	01:46:51	03:30:24	06:48:54		07:44:33.80	07:44:54.55	+02:53:19 (37.3%)	9:40	6.2 (62.6%)
115	WEWIOR Tomasz	621		M 45-59	34	01:41:33	03:31:04	06:43:25		07:47:57.40	07:48:02.75	+02:56:27 (37.7%)	9:44	6.2 (62.6%)
116	KOZIOŁ Artur	512		M 45-59	35	01:46:03	03:45:38	06:59:31		07:51:38.20	07:51:52.60	+03:00:17 (38.2%)	9:49	6.1 (61.6%)
117	KSIĄŻEK Leszek	518		M 45-59	36	01:50:48	03:40:24	07:00:59		07:53:19.65	07:53:51.60	+03:02:16 (38.5%)	9:51	6.1 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										48km	48km			
118	ŚLIWA Anna	606	SKAWINA BIEGA	K 45-59	3	01:58:44	03:46:39	07:04:34		07:54:16.05	07:54:23.05	+03:02:47 (38.5%)	9:52	6.1 (61.6%)
119	BIŃCZYCKI Jarosław	418		M 45-59	37	01:53:16	03:47:41	07:04:10		07:53:58.70	07:54:23.55	+03:02:48 (38.5%)	9:52	6.1 (61.6%)
120	REDKIEWICZ Agnieszka	575	TEAM ZABIEGANE DNI	K 36-44	10	01:52:02	03:41:39	07:02:43		07:54:29.10	07:55:06.15	+03:03:30 (38.6%)	9:53	6.1 (61.6%)
121	SZUBERT-WALENCZAK Magdalena	605	TZD	K 45-59	4	01:52:07	03:41:37	07:02:37		07:54:28.60	07:55:06.20	+03:03:30 (38.6%)	9:53	6.1 (61.6%)
122	BORKOWSKI Maciej	422		M 36-44	36	01:43:06	03:29:35	06:57:28		07:55:21.70	07:55:36.95	+03:04:01 (38.7%)	9:54	6.1 (61.6%)
123	MIJAKOWSKI Paweł	533	MIJAKOWSKI TEAM	M 45-59	38	01:50:40	03:42:58	07:00:51		07:55:27.55	07:55:49.25	+03:04:13 (38.7%)	9:54	6.1 (61.6%)
124	SZKUTNIK Jakub	603		M 36-44	37	01:43:09	03:29:42	06:57:24		07:55:51.00	07:56:06.90	+03:04:31 (38.8%)	9:54	6.1 (61.6%)
125	BISKUP Rafał	419	RUN DZIADU RUN	M 45-59	39	01:45:12	03:31:30	07:04:39		07:56:33.30	07:56:50.60	+03:05:15 (38.8%)	9:55	6 (60.6%)
126	SALIŃSKI Bartosz	580	WKURW_TEAM	M 36-44	38	01:43:38	03:35:40	07:04:57		07:56:55.85	07:57:04.05	+03:05:28 (38.9%)	9:56	6 (60.6%)
127	DZIEWOŃSKI Konrad	448		M 45-59	40	01:54:14	03:45:06	07:06:08		07:57:54.35	07:58:01.50	+03:06:26 (39.0%)	9:57	6 (60.6%)
128	BARTKOWIAK Grzegorz	413		M 45-59	41	01:44:59	03:33:34	07:04:05		08:01:08.20	08:01:20.15	+03:09:44 (39.4%)	10:01	6 (60.6%)
129	STRZELECKI Robert	597	TEAM ZABIEGANEDNI	M 35	23	01:59:06	03:42:38	07:16:45		08:03:24.20	08:03:53.65	+03:12:18 (39.7%)	10:04	6 (60.6%)
130	MATYSZCZAK Mateusz	531		M 35	24	01:42:11	03:32:27	06:57:28		08:04:01.80	08:04:22.65	+03:12:47 (39.8%)	10:05	6 (60.6%)
131	WYRZYKOWSKA Katarzyna	633	SKAWINA BIEGA	K 36-44	11	01:58:18	03:54:44	07:17:10		08:05:10.40	08:05:17.80	+03:13:42 (39.9%)	10:06	5.9 (59.6%)
132	STASIW Artur	596	ULTRA TRAIL FANATICS	M 35	25	01:43:49	03:34:29	07:13:57		08:05:55.95	08:06:16.85	+03:14:41 (40.0%)	10:07	5.9 (59.6%)
133	ALBINIAK Marcin	401		M 45-59	42	01:43:46	03:32:59	07:15:08		08:06:42.20	08:06:50.30	+03:15:14 (40.1%)	10:08	5.9 (59.6%)
134	JOZEFIAK Marta	494		K 35	13	01:58:35	03:51:02	07:18:00		08:06:52.00	08:06:59.30	+03:15:23 (40.1%)	10:08	5.9 (59.6%)
135	PŁATEK Paweł	562	PGB SPORTOWA PACZKA	M 36-44	39	01:45:01	03:31:54	06:57:44		08:06:59.30	08:07:30.45	+03:15:54 (40.2%)	10:08	5.9 (59.6%)
136	FLIS Dariusz	454	OLIMP ZABRZE	M 45-59	43	01:52:58	03:44:00	07:17:21		08:07:19.40	08:07:33.85	+03:15:58 (40.2%)	10:09	5.9 (59.6%)
137	JACHYMEK Robert	484	TEAM ZABIEGANEDNI	M 36-44	40	01:57:40	03:43:03	07:16:44		08:07:10.30	08:07:47.75	+03:16:12 (40.2%)	10:08	5.9 (59.6%)
138	ŻYGIĘŁO Monika	647		K 45-59	5	01:58:35	03:53:25	07:17:25		08:07:36.95	08:08:03.95	+03:16:28 (40.3%)	10:09	5.9 (59.6%)
139	DREWNIK Robert	443		M 36-44	41	01:49:43	03:37:55	07:13:07		08:07:53.30	08:08:29.80	+03:16:54 (40.3%)	10:09	5.9 (59.6%)
140	MARCINIAK Izabela	527	ULTRA WAY	K 36-44	12	01:49:37	03:42:41	07:13:21		08:10:42.90	08:10:55.85	+03:19:20 (40.6%)	10:13	5.9 (59.6%)
141	PILCH Anna	558		K 35	14	01:57:45	03:56:55	07:21:08		08:11:19.05	08:11:54.55	+03:20:19 (40.7%)	10:14	5.9 (59.6%)
142	PULSAKOWSKA Barbara	569	OSTROBIEC	K 36-44	13	01:57:18	03:51:34	07:22:02		08:13:25.05	08:13:37.15	+03:22:01 (40.9%)	10:16	5.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 48km	brutto 48km			
143	PIÓRKOWSKI Marcin	560		M 36-44	42	01:47:44	03:40:07	07:16:56		08:13:56.45	08:14:26.10	+03:22:50 (41.0%)	10:17	5.8 (58.6%)
144	KUBOWICZ Zbigniew	519		M 45-59	44	01:58:31	03:53:06	07:22:28		08:14:14.05	08:14:31.05	+03:22:55 (41.0%)	10:17	5.8 (58.6%)
145	GRZESIK Michał	477		M 35	26	01:53:21	03:53:42	07:20:12		08:14:59.90	08:15:13.10	+03:23:37 (41.1%)	10:18	5.8 (58.6%)
146	CEGIEŁKO Paweł	432		M 45-59	45	01:49:56	03:45:39	07:19:55		08:15:02.45	08:15:18.45	+03:23:42 (41.1%)	10:18	5.8 (58.6%)
147	MAJSTEREK Marcin	525		M 45-59	46	01:52:53	03:48:32	07:21:53		08:15:33.90	08:15:46.90	+03:24:11 (41.2%)	10:19	5.8 (58.6%)
148	JAKUBOWSKA Renata	486		K 60+	1	01:51:22	03:48:33	07:23:30		08:20:12.55	08:20:18.85	+03:28:43 (41.7%)	10:25	5.8 (58.6%)
149	WASZAK Rafał	620		M 35	27	01:48:30	03:31:05	07:12:22		08:22:17.80	08:22:32.95	+03:30:57 (42.0%)	10:27	5.7 (57.6%)
150	GOTKIEWICZ-CICHOŃ Edyta	473		K 36-44	14	01:58:56	04:01:06	07:25:39		08:23:49.30	08:24:18.35	+03:32:42 (42.2%)	10:29	5.7 (57.6%)
151	KRUSZEWSKI Jacek	516		M 45-59	47	01:59:29	03:52:28	07:32:44		08:27:05.15	08:27:18.25	+03:35:42 (42.5%)	10:33	5.7 (57.6%)
152	FRYZOWICZ Patryk	460	TOP BRAND	M 35	28	01:54:56	03:45:22	07:29:50		08:28:27.20	08:29:01.40	+03:37:25 (42.7%)	10:35	5.7 (57.6%)
153	OSZYWA Damian	643	DAMCZI RUN	M 36-44	43	01:47:46	03:49:34	07:46:31		08:34:48.25	08:34:55.95	+03:43:20 (43.4%)	10:43	5.6 (56.6%)
154	ŻUROWSKI Łukasz	642		M 36-44	44	01:58:45	03:56:43	07:34:07		08:34:31.85	08:35:01.55	+03:43:26 (43.4%)	10:43	5.6 (56.6%)
155	PUZA Adam	570		M 36-44	45	01:57:06	03:47:47	07:28:31		08:34:28.40	08:35:03.60	+03:43:28 (43.4%)	10:43	5.6 (56.6%)
156	DZIERŻAWSKI Krzysztof	447		M 35	29	01:53:59	04:03:05	07:30:48		08:35:09.60	08:35:26.40	+03:43:50 (43.4%)	10:43	5.6 (56.6%)
157	POZIOMECKI Artur	566		M 36-44	46	01:50:42	03:42:15	07:30:08		08:36:28.45	08:36:50.25	+03:45:14 (43.6%)	10:45	5.6 (56.6%)
158	BAKUN Jolka	405		K 45-59	6	01:49:37	03:43:20	07:31:13		08:38:58.80	08:39:15.45	+03:47:39 (43.8%)	10:48	5.5 (55.6%)
159	BAKUN Mariusz	406		M 45-59	48	01:49:40	03:43:21	07:31:15		08:38:59.10	08:39:15.65	+03:47:40 (43.8%)	10:48	5.5 (55.6%)
160	KARGUL Magdalena	499	STOKOWCZYKITEAM	K 35	15	01:49:49	03:45:05	07:27:16		08:41:16.50	08:41:36.35	+03:50:00 (44.1%)	10:51	5.5 (55.6%)
161	JAGIELSKI Paweł	485		M 45-59	49	01:51:20	03:49:03	07:39:04		08:42:21.20	08:42:59.30	+03:51:23 (44.2%)	10:52	5.5 (55.6%)
162	KAPUSTA Krzysztof	498		M 35	30	02:01:04	04:00:55	07:51:25		08:51:13.20	08:51:43.45	+04:00:07 (45.2%)	11:04	5.4 (54.5%)
163	DĄBROWSKI Cezary	439	MAXI PIASECZNO	M 45-59	50	01:57:12	03:56:46			08:53:27.20	08:53:51.35	+04:02:15 (45.4%)	11:06	5.4 (54.5%)
164	PAUNA Alexandra	554		K 35	16	02:01:07	04:01:02	07:51:29		08:53:41.60	08:54:12.25	+04:02:36 (45.4%)	11:07	5.4 (54.5%)
165	JELINSKI Jarosław	491		M 45-59	51	01:59:23	03:57:05			08:53:57.65	08:54:15.35	+04:02:39 (45.4%)	11:07	5.4 (54.5%)
166	WNUK Mirosław	628		M 45-59	52	01:57:36	03:56:44	07:53:16		08:59:09.80	08:59:29.65	+04:07:54 (46.0%)	11:13	5.3 (53.5%)
167	CEDZYŃSKI Jan	1017	BBM KIELCE	M 60+	2	01:51:46	03:53:28	07:50:25		09:01:39.90	09:02:00.15	+04:10:24 (46.2%)	11:17	5.3 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
168	BARSKA-GRABOWSKA Barbara	412		K 35	17	01:58:08	04:07:00	07:56:01		09:01:48.50	09:02:09.05	+04:10:33 (46.2%)	11:17	5.3 (53.5%)
169	WYSOCKA Magdalena	634	PGB SPORTOWA PACZKA	K 36-44	15	02:05:47	04:02:33	08:05:59		09:01:40.05	09:02:13.05	+04:10:37 (46.2%)	11:17	5.3 (53.5%)
170	MAJTYKA Tomasz	526	LOS TREPOS COMPANIEROS	M 45-59	53	02:01:08	04:05:39	08:00:36		09:03:03.30	09:03:28.10	+04:11:52 (46.3%)	11:18	5.3 (53.5%)
171	FREJ Miłosz	458		M 45-59	54	01:57:36	04:05:43	08:00:43		09:03:10.80	09:03:34.95	+04:11:59 (46.4%)	11:18	5.3 (53.5%)
172	WIELIŃSKA-JACHYMIAK Olga	624	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K 45-59	7	01:59:37	04:10:58	08:03:13		09:03:33.30	09:03:48.15	+04:12:12 (46.4%)	11:19	5.3 (53.5%)
173	WASIK Marta	619	EDC RUNNERS	K 36-44	16	02:02:58	04:05:15	08:02:49		09:08:05.85	09:08:31.80	+04:16:56 (46.8%)	11:25	5.3 (53.5%)
174	POCIĘGIEL Michał	563	SKAWINA BIEGA	M 36-44	47	02:07:56	04:12:37	08:01:24		09:09:00.55	09:09:08.30	+04:17:32 (46.9%)	11:26	5.2 (52.5%)
175	PACHOŃSKA OMBACH Joanna	549		K 36-44	17	02:02:15	04:08:10	08:05:42		09:09:23.40	09:09:52.25	+04:18:16 (47.0%)	11:26	5.2 (52.5%)
176	BRZozowska Katarzyna	426		K 36-44	18	02:06:31	04:15:59	08:11:59		09:09:59.40	09:10:10.15	+04:18:34 (47.0%)	11:27	5.2 (52.5%)
177	KRÓLAK Magda	514	TENPO PRYMA SORT	K 35	18	01:59:26	04:05:11	08:04:14		09:09:51.75	09:10:23.30	+04:18:47 (47.0%)	11:27	5.2 (52.5%)
178	DYR Dorota	444		K 36-44	19	02:05:48	04:05:54	08:11:40		09:14:19.30	09:14:52.35	+04:23:16 (47.4%)	11:32	5.2 (52.5%)
179	ROŻEK Michał	650	LECH POZNAŃ	M 35	31	01:57:07	03:51:42	08:10:38		09:15:18.00	09:15:50.20	+04:24:14 (47.5%)	11:34	5.2 (52.5%)
180	CZARNACKA Karolina	436		K 36-44	20	01:51:23	03:50:56	08:19:16		09:16:16.75	09:16:26.20	+04:24:50 (47.6%)	11:35	5.2 (52.5%)
181	SPRAWKA Marcin	594		M 36-44	48	01:50:37	03:50:56	08:19:22		09:16:38.50	09:16:48.25	+04:25:12 (47.6%)	11:35	5.2 (52.5%)
182	KORSAK Piotr	507		M 36-44	49	01:59:18	03:59:49	08:11:19		09:21:19.10	09:21:46.30	+04:30:10 (48.1%)	11:41	5.1 (51.5%)
183	RACIBORSKA Ewa	571	ESJA TEAM	K 36-44	21	02:00:52	04:10:28	08:19:42		09:22:07.80	09:22:24.60	+04:30:49 (48.2%)	11:42	5.1 (51.5%)
184	SIWEK Ewa	589	TUPTUŚ	K 45-59	8	02:00:49	04:10:27	08:19:49		09:22:07.80	09:22:24.75	+04:30:49 (48.2%)	11:42	5.1 (51.5%)
185	GRYGORUK Marek	476	VEGE RUNNERS	M 45-59	55	02:05:40	04:19:34	08:14:26		09:22:13.00	09:22:44.55	+04:31:09 (48.2%)	11:42	5.1 (51.5%)
186	JESSA Andrzej	492	BIEGACZE JÓZEFA NOJI	M 45-59	56	01:54:20	04:05:26	08:06:26		09:23:27.85	09:23:41.60	+04:32:06 (48.3%)	11:44	5.1 (51.5%)
187	JANECZEK Jarosław	488	KAJTEX TEAM	M 36-44	50	01:58:00	03:59:34	08:18:28		09:23:58.15	09:24:34.20	+04:32:58 (48.4%)	11:44	5.1 (51.5%)
188	TUSIŃSKI Seweryn	617	OSTROBIEC	M 36-44	51	02:00:28	04:08:23	08:19:25		09:24:35.00	09:24:47.05	+04:33:11 (48.4%)	11:45	5.1 (51.5%)
189	WÓJKOWSKI Kamil	632	RAZEM TRENUJEMY SPORT	M 36-44	52	01:57:46	04:04:59	08:14:53		09:28:28.80	09:28:48.55	+04:37:13 (48.7%)	11:50	5.1 (51.5%)
190	KŁOPOTOWSKA SOSNA Kaśka	502	UNLIMITED SPORT 2.0	K 45-59	9	02:02:49	04:19:37	08:21:21		09:29:42.95	09:30:10.75	+04:38:35 (48.9%)	11:52	5.1 (51.5%)
191	KAWA Michał	501		M 36-44	53	01:58:17	04:00:10	08:16:09		09:33:48.20	09:34:03.00	+04:42:27 (49.2%)	11:57	5 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
										netto 48km	brutto 48km			
192	DOROBISZ Marek	442	MYSZKÓW BIEGA	M 45-59	57	02:12:08	04:26:59	08:37:29		09:42:06.35	09:42:29.95	+04:50:54 (49.9%)	12:07	4.9 (49.5%)
193	MIŚTA-DOROBISZ Sylwia	537		K 45-59	10	02:15:00	04:27:22	08:38:04		09:42:06.85	09:42:30.10	+04:50:54 (49.9%)	12:07	4.9 (49.5%)
194	BARTOSIK Tomasz	414		M 35	32	02:08:48	04:15:32	08:11:48		09:41:53.25	09:42:31.45	+04:50:55 (49.9%)	12:07	4.9 (49.5%)
195	OBŁUDKA Adam	545	BEERSPIRIT	M 36-44	54	02:07:03	04:19:45	08:38:24		09:45:09.20	09:45:35.60	+04:54:00 (50.2%)	12:11	4.9 (49.5%)
196	KACZMAREK Aleksandra	495	KACZMAREK TEAM	K 45-59	11	02:08:57	04:19:44	08:31:40		09:45:56.00	09:46:21.35	+04:54:45 (50.3%)	12:12	4.9 (49.5%)
197	BEDNAREK Michał	415	CROSSELITE	M 36-44	55	02:09:04	04:19:28	08:31:43		09:45:56.10	09:46:21.45	+04:54:45 (50.3%)	12:12	4.9 (49.5%)
198	ROSIK Piotr	576		M 36-44	56	02:02:37	04:05:09	08:27:45		09:46:27.85	09:47:01.50	+04:55:26 (50.3%)	12:13	4.9 (49.5%)
198	KASPROWICZ Grzegorz	500		M 45-59	58	01:58:11	03:59:38	08:34:53		09:46:27.90	09:47:01.50	+04:55:26 (50.3%)	12:13	4.9 (49.5%)
200	SŁOWIK Justyna	590	SŁOWIKI BIEGAJĄ	K 36-44	22	02:11:08	04:21:45	08:46:02		09:50:16.75	09:50:40.40	+04:59:04 (50.6%)	12:17	4.9 (49.5%)
201	TOMANEK Renata	612		K 45-59	12	02:11:08	04:21:42	08:45:55		09:50:14.65	09:50:40.45	+04:59:04 (50.6%)	12:17	4.9 (49.5%)
202	GNOT Krzysztof	468		M 45-59	59	02:13:40		08:52:41		09:52:03.90	09:52:38.45	+05:01:02 (50.8%)	12:20	4.9 (49.5%)
203	ŻOŁYNIAK Szymon	641		M 36-44	57	01:59:08	04:14:48	08:49:14		09:53:18.30	09:53:30.95	+05:01:55 (50.9%)	12:21	4.9 (49.5%)
204	ŁASKAWSKA Justyna	524		K 36-44	23	01:59:18	04:14:54	08:49:08		09:53:20.75	09:53:33.25	+05:01:57 (50.9%)	12:21	4.9 (49.5%)
205	BRYŚ Magdalena	425		K 35	19	02:05:06	04:21:50	08:45:15		09:54:37.35	09:54:58.75	+05:03:23 (51.0%)	12:23	4.8 (48.5%)
206	FALKOWSKI Łukasz	450	VADAIN RUNNING CLUB	M 36-44	58	02:05:30	04:21:15	08:40:32		09:55:27.85	09:55:55.05	+05:04:19 (51.1%)	12:24	4.8 (48.5%)
207	BARON Kasia	411	VADAIN RUNNING CLUB	K 36-44	24	02:06:00	04:21:20	08:40:55		09:55:28.75	09:55:55.35	+05:04:19 (51.1%)	12:24	4.8 (48.5%)
208	BARON Jacek	410	VADAIN RUNNING CLUB	M 45-59	60	02:05:56	04:21:15	08:40:45		09:55:29.40	09:55:58.10	+05:04:22 (51.1%)	12:24	4.8 (48.5%)
209	HADRYSIAK Adam	480	NAPIERACZE	M 36-44	59	02:00:48	04:05:12	08:30:29		09:56:28.40	09:56:54.35	+05:05:18 (51.1%)	12:25	4.8 (48.5%)
210	WILK Magdalena	625	ULTRAPOŚLADACH / TEAM ZABIEGANEDNI	K 45-59	13	01:53:54	04:15:37	08:56:06		09:57:15.50	09:57:24.75	+05:05:49 (51.2%)	12:26	4.8 (48.5%)
211	DĄBROWSKI Michał	440	ULTRAPOŚLADACH	M 36-44	60	01:53:59	04:15:34	08:55:47		09:57:16.00	09:57:24.85	+05:05:49 (51.2%)	12:26	4.8 (48.5%)
212	IWANIEK Dominika	482		K 35	20	02:05:12	04:21:49	08:51:56		10:08:57.15	10:09:19.45	+05:17:43 (52.1%)	12:41	4.7 (47.5%)
213	DEMCZAR Jacek	441		M 45-59	61	02:15:57	04:27:14	08:52:06		10:11:16.05	10:11:49.10	+05:20:13 (52.3%)	12:44	4.7 (47.5%)
214	TYMBOROWSKA -WIEDRO Małgorzata	618	WKURW_TEAM	K 45-59	14	02:13:29	04:26:37	08:55:25		10:12:45.65	10:12:54.60	+05:21:19 (52.4%)	12:45	4.7 (47.5%)
215	BONEK SIKORA Agata	421	RAZEM TRENUJEMY SPORT	K 45-59	15	02:16:31		09:00:00		10:14:54.00	10:15:11.85	+05:23:36 (52.6%)	12:48	4.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Luban 12km	Prz_Knur 25km	Gorc 41km	Kara/ bonifikata	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
216	SIKORA Maciej	588	RAZEM TRENUJEMY SPORT	M 36-44	61	02:16:24		09:00:03		10:14:53.70	10:15:12.05	+05:23:36 (52.6%)	12:48	4.7 (47.5%)
217	KALINOWSKI Adam	497		M 36-44	62	01:58:49	04:14:43	08:50:16		10:17:19.35	10:17:46.85	+05:26:11 (52.8%)	12:51	4.7 (47.5%)
218	OCHNIK-KALINOWSKA Justyna	546		K 36-44	25	01:58:37	04:14:51	08:52:19		10:17:18.95	10:17:47.35	+05:26:11 (52.8%)	12:51	4.7 (47.5%)
219	KACZYŃSKI Marcin	651		M 36-44	63	01:58:43	04:16:02	08:52:09		10:17:21.00	10:17:48.65	+05:26:13 (52.8%)	12:51	4.7 (47.5%)
220	STYCZEŃ Justyna	598	OLIMP ZABRZE	K 36-44	26	02:06:17	04:26:12	08:54:45		10:19:50.50	10:20:05.60	+05:28:30 (53.0%)	12:54	4.6 (46.5%)
221	KOCOT Magdalena	503	META NADARZYN	K 36-44	27	02:15:32		09:11:56		10:30:15.55	10:30:36.75	+05:39:01 (53.8%)	13:07	4.6 (46.5%)
222	KRUPA Daniel	515		M 45-59	62	02:13:24		09:05:39		10:30:15.10	10:30:36.80	+05:39:01 (53.8%)	13:07	4.6 (46.5%)
222	PIOTROWSKA Anna	559	SPARTANIE DZIECIOM / METANADARZYN	K 45-59	16	02:13:59		09:11:40		10:30:14.50	10:30:36.80	+05:39:01 (53.8%)	13:07	4.6 (46.5%)
224	NOWAK Wiktor	538	SPARTANIE DZIECIOM	M 60+	3	02:13:42		09:05:43		10:30:14.25	10:30:37.15	+05:39:01 (53.8%)	13:07	4.6 (46.5%)
225	SOKOŁOWSKI Artur	593	TEAM ZABIEGANEDNI	M 45-59	63	02:14:41		09:16:59		10:37:01.90	10:37:19.35	+05:45:43 (54.2%)	13:16	4.5 (45.5%)
226	WOCIAL Adrianna	629		K 35	21	02:04:29	04:18:24	09:25:43		10:42:11.35	10:42:41.40	+05:51:05 (54.6%)	13:22	4.5 (45.5%)
226	WIECZOREK Kamil	623		M 35	33	02:04:31	04:18:25	09:25:45		10:42:11.15	10:42:41.40	+05:51:05 (54.6%)	13:22	4.5 (45.5%)
228	TARNAWSKI Jakub	652	KKB DYSTANS	M 45-59	64	03:00:40	05:53:22	09:27:15		10:42:40.15	10:42:44.70	+05:51:09 (54.6%)	13:23	4.5 (45.5%)
	WNEK Marek	627	JISNB	M 35		01:38:00 DNF	03:29:41 DNF	DNF		DNF	DNF		-	- (0.0%)
	GLINICKA Ewa	467		K 36-44		03:00:09 DNF	05:52:41 DNF	DNF		DNF	DNF		-	- (0.0%)
	- -	610		M 35		03:00:12 DNF	05:52:48 DNF	DNF		DNF	DNF		-	- (0.0%)
	FLOREK Sebastian	455		M 36-44		01:26:15 DNF	DNF	DNF		DNF	DNF		-	- (0.0%)
	WOŹNIAK Maria	630	SKAWINA BIEGA	K 35		DNF	DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 233 wynik(ów)