



Wydarzenie: Gorce Ultra-Trail
Organizator: Fundacja Run Vegan - GUT
Data: 2022-08-05
Miejsce: Ochotnica Dolna
Dystans: 48 km

GORCE ULTRA-TRAIL® 48 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Czas		Różn	Tempo min/km	Tempo km/h
						Start 0.001km	Knuruwska 25km	Rozwidlenie 40km	netto 47.3km	brutto 47.3km			
1	SIOŁA Karol	748	TEAM DYNAFIT	M 18-35	1	00:00:01	02:20:13	04:04:52	04:39:51.40	04:39:51.40		5:54	10.1 (100%)
2	ORZEŁ Michał	724	ADIDAS RUNNERS WARSZAWA / BANDA GRUDNIA	M 36-45	1	00:00:01	02:25:34	04:11:30	04:43:03.30	04:43:03.30	+00:03:11 (1.1%)	5:59	10 (99.0%)
3	KOPEL Rafał	683	7	M 36-45	2	00:00:01	02:20:35		04:44:25.10	04:44:25.10	+00:04:33 (1.6%)	6:00	10 (99.0%)
4	PIECH Kacper	733	ASICS FRONTRUNNER POLAND/RUNONLINE.PL	M 18-35	2	00:00:01	02:30:13	04:22:39	04:54:44.40	04:54:44.40	+00:14:53 (5.0%)	6:13	9.6 (95.0%)
5	ZIĘBA Robert	798	TRAIL IS OUR WAY / BOBOWSKA GRUPA BIEGOWA	M 36-45	3	00:00:01	02:30:14	04:23:42	05:00:27.75	05:00:27.75	+00:20:36 (6.9%)	6:21	9.4 (93.1%)
6	BARAN Wojtek	609	OKNOPLAST RUNNING TEAM	M 36-45	4	00:00:01	02:23:22	04:25:28	05:02:43.75	05:02:43.75	+00:22:52 (7.6%)	6:23	9.4 (93.1%)
7	SZCZEPANIAK Witold	764		M 46-55	1	00:00:02	02:35:39	04:32:49	05:05:16.05	05:05:16.05	+00:25:24 (8.3%)	6:27	9.3 (92.1%)
8	YAKUBOUSKI Uładzimir	792	TRS	M 18-35	3	00:00:03	02:43:37	04:45:37	05:18:20.00	05:18:20.00	+00:38:28 (12.1%)	6:43	8.9 (88.1%)
9	BRYSZ Michał	617	SBG PODBIEG	M 36-45	5	00:00:03	02:38:50	04:46:09	05:18:23.25	05:18:23.25	+00:38:31 (12.1%)	6:43	8.9 (88.1%)
10	SNOPEK Stanisław	752	DELOITTE ADVENTURE TEAM	M 18-35	4	00:00:02	02:37:36	04:41:37	05:21:27.15	05:21:27.15	+00:41:35 (12.9%)	6:47	8.8 (87.1%)
11	PRZYBYLSKI Krzysztof	739	KP PSP NOWE MIASTO LUBAWSKIE	M 36-45	6	00:00:02	02:33:31	04:41:47	05:22:52.80	05:22:52.80	+00:43:01 (13.3%)	6:49	8.8 (87.1%)
12	GURGUL Sebastian	657	AROMAT NÓG	M 36-45	7	00:00:02	02:45:31	04:50:53	05:29:17.00	05:29:17.00	+00:49:25 (15.0%)	6:57	8.6 (85.1%)
13	JACHYMIAK Robert	779	SPECJALISTYCZNE GABINET REHABILITACJI DZIECI	M 46-55	2	00:00:01	02:40:12	04:52:56	05:30:12.05	05:30:12.05	+00:50:20 (15.2%)	6:58	8.6 (85.1%)
14	MACIAS Marcin	705		M 36-45	8	00:00:02	02:45:26	04:54:02	05:35:04.55	05:35:04.55	+00:55:13 (16.5%)	7:05	8.5 (84.2%)
15	URBANEK Patryk	774		M 18-35	5	00:00:02	02:45:15	04:58:45	05:37:33.05	05:37:33.05	+00:57:41 (17.1%)	7:08	8.4 (83.2%)
16	KALIN Władysław	672	PRZEBIEGLI UNISŁAW	M 36-45	9	00:00:02	02:47:42	05:01:32	05:40:39.30	05:40:39.30	+01:00:47 (17.8%)	7:12	8.3 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
17	CURZYDŁO Bogdan	628	SANOK BIEGA	M 46-55	3	00:00:13	02:56:31	05:18:01	05:50:04.05	05:50:04.05	+01:10:12 (20.1%)	7:24	8.1 (80.2%)
18	SWORSKI Roman	762	TRENUJSKUTECZNIE.COM / VEGE RUNNERS / VEGAN	M 36-45	10	00:00:06	02:53:59	05:17:08	05:51:39.70	05:51:39.70	+01:11:48 (20.4%)	7:26	8.1 (80.2%)
19	BAŁUSZYNSKI Sławomir	606	BIEGNIJ TAK SZYBKO JAKBYŚ COŚ UKRADŁ :-)	M 46-55	4	00:00:05	02:46:39	05:10:26	05:52:26.20	05:52:26.20	+01:12:34 (20.6%)	7:27	8.1 (80.2%)
20	KOKOSZKA Zygmunt	681	VEGE RUNNERS	M 36-45	11	00:00:04	02:49:22	05:12:05	05:52:41.70	05:52:41.70	+01:12:50 (20.7%)	7:27	8 (79.2%)
21	DLUBACZ Wojciech	634		M 46-55	5	00:00:02	02:56:07	05:13:14	05:53:00.75	05:53:00.75	+01:13:09 (20.7%)	7:27	8 (79.2%)
22	WNEK Marek	783	JISNB	M 18-35	6	00:00:02	02:49:59	05:11:59	05:53:39.10	05:53:39.10	+01:13:47 (20.9%)	7:28	8 (79.2%)
23	CZAPLA Seweryn	629		M 36-45	12	00:00:20	02:49:23	05:12:43	05:55:12.05	05:55:12.05	+01:15:20 (21.2%)	7:30	8 (79.2%)
24	JANKULSKAS Vytautas	669		M 18-35	7	00:00:08	02:55:04	05:16:15	05:57:32.85	05:57:32.85	+01:17:41 (21.7%)	7:33	7.9 (78.2%)
25	WOJTACZKA Witold	787	BOBOWSKA GRUPA BIEGOWA	M 18-35	8	00:00:03	02:54:31	05:21:58	06:02:51.10	06:02:51.10	+01:22:59 (22.9%)	7:40	7.8 (77.2%)
26	MACHOWSKI Krzysztof	704		M 46-55	6	00:00:20	03:05:38	05:26:23	06:04:04.55	06:04:04.55	+01:24:13 (23.1%)	7:41	7.8 (77.2%)
27	RUSIN Krzysztof	744		M 18-35	9	00:00:00	02:54:00	05:27:54	06:04:34.65	06:04:34.65	+01:24:43 (23.2%)	7:42	7.8 (77.2%)
28	DZIEDZIC Krzysztof	641	RUNNINGPERFORMANCE	M 36-45	13	00:00:04	02:52:20	05:23:12	06:05:49.90	06:05:49.90	+01:25:58 (23.5%)	7:44	7.8 (77.2%)
29	ALEKSANDROWICZ Michał	602		M 18-35	10	00:00:20	03:05:35	05:27:31	06:07:19.70	06:07:19.70	+01:27:28 (23.8%)	7:45	7.7 (76.2%)
30	IMIOŁEK Dominik	663		M 18-35	11	00:00:04	02:56:31	05:28:11	06:09:05.20	06:09:05.20	+01:29:13 (24.2%)	7:48	7.7 (76.2%)
31	KRAWCZUK Mateusz	688		M 36-45	14	00:00:25	03:09:56	05:33:29	06:10:04.60	06:10:04.60	+01:30:13 (24.4%)	7:49	7.7 (76.2%)
32	WĘGŁOWSKI Maciej	778	#BIEGIEMWLAS	M 46-55	7	00:00:07	03:09:39	05:34:02	06:14:58.80	06:14:58.80	+01:35:07 (25.4%)	7:55	7.6 (75.2%)
33	KWIATKOWSKI Paweł	693	VICTORIA	M 36-45	15	00:00:08	03:01:42	05:32:57	06:16:33.85	06:16:33.85	+01:36:42 (25.7%)	7:57	7.5 (74.3%)
34	ŁUKOMSKI Maciej	703	ŁÓDZKI KLUB WYSOKOGÓRSKI/ SZAKALE BAŁUT ŁÓDŹ	M 46-55	8	00:00:02	03:02:49	05:40:20	06:19:05.05	06:19:05.05	+01:39:13 (26.2%)	8:00	7.5 (74.3%)
35	ADAMEK Dariusz	601	#ADAMCZERWIŃSKITEAM	M 46-55	9	00:00:21	03:05:47	05:36:58	06:19:23.25	06:19:23.25	+01:39:31 (26.2%)	8:01	7.5 (74.3%)
36	ORTYL Magdalena	723	ZABIEGANI MIELEC	K 18-35	1	00:00:06	03:07:09	05:37:58	06:19:29.40	06:19:29.40	+01:39:38 (26.3%)	8:01	7.5 (74.3%)
37	CZAYKOWSKI Wojciech	630	MAMY TO / GRUPA DRUHA BORUCHA	M 36-45	16	00:00:02	03:03:27	05:42:44	06:21:26.35	06:21:26.35	+01:41:34 (26.6%)	8:03	7.4 (73.3%)
38	KOWALIK Ewelina	685	FIZJOBIEGACZE SZCZECIN	K 18-35	2	00:00:04	03:15:01	05:40:56	06:21:44.30	06:21:44.30	+01:41:52 (26.7%)	8:04	7.4 (73.3%)
39	SZYMAŃSKI Paweł	769	FIZJOBIEGACZE SZCZECIN	M 36-45	17	00:00:03	02:35:45	04:53:31	06:21:45.25	06:21:45.25	+01:41:53 (26.7%)	8:04	7.4 (73.3%)
40	KOŻUCH Marcin	687		M 36-45	18	00:00:03	03:06:02	05:43:45	06:23:02.00	06:23:02.00	+01:43:10 (26.9%)	8:05	7.4 (73.3%)
41	BORK Łukasz	615	GRUPA DRUHA BORUCHA	M 36-45	19	00:00:03	03:03:31	05:42:48	06:25:03.55	06:25:03.55	+01:45:12 (27.3%)	8:08	7.4 (73.3%)

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						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
42	SŁUGOCKI Mateusz	750		M 18-35	12	00:00:14	03:15:23	05:41:44	06:25:23.10	06:25:23.10	+01:45:31 (27.4%)	8:08	7.4 (73.3%)
43	KAWIK-BARTOSIK Anna	676		K 18-35	3	00:00:21	03:13:27	05:41:56	06:26:25.05	06:26:25.05	+01:46:33 (27.6%)	8:10	7.3 (72.3%)
44	GOŁEBIEWSKA Oliwia	649		K 18-35	4	00:00:03	03:19:26	05:48:20	06:27:39.65	06:27:39.65	+01:47:48 (27.8%)	8:11	7.3 (72.3%)
45	SAMBORSKI Rafał	746	GOPR JURA	M 36-45	20	00:00:05	03:01:43	05:42:21	06:28:38.50	06:28:38.50	+01:48:47 (28.0%)	8:12	7.3 (72.3%)
46	GÓRA Krzysztof	651	MAMY TO	M 46-55	10	00:00:04	03:03:30	05:44:38	06:30:29.00	06:30:29.00	+01:50:37 (28.3%)	8:15	7.3 (72.3%)
47	LASEK Leszek	694	KALIPSO RUNNERS TEAM	M 56+	1	00:00:02	03:16:03	05:50:02	06:33:22.70	06:33:22.70	+01:53:31 (28.9%)	8:18	7.2 (71.3%)
48	SARKA Bartłomiej	806		M 18-35	13	00:00:08	03:16:51	05:57:24	06:35:32.35	06:35:32.35	+01:55:40 (29.2%)	8:21	7.2 (71.3%)
49	SIBILIEV Serhii	747	PROJECT 13	M 36-45	21			05:50:09	06:35:47.15	06:35:47.15	+01:55:55 (29.3%)	8:22	7.2 (71.3%)
50	KISIELEWSKI Konrad	212	KROK PO KROKU	M 36-45	22	00:00:14	03:18:08	05:57:53	06:36:03.20	06:36:03.20	+01:56:11 (29.3%)	8:22	7.2 (71.3%)
51	CIEMBOROWICZ Karol	624	#KFD	M 36-45	23	00:00:04	03:18:03	05:55:18	06:36:16.60	06:36:16.60	+01:56:25 (29.4%)	8:22	7.2 (71.3%)
52	PŁAZIAK-KOWALSKA Magdalena	737	2K	K 36-45	1	00:00:05	03:16:56	05:48:36	06:36:59.90	06:36:59.90	+01:57:08 (29.5%)	8:23	7.1 (70.3%)
53	RAJTAR Zbigniew	741	RONTIL-COMPASS	M 56+	2	00:00:03	03:14:34	05:56:01	06:37:15.50	06:37:15.50	+01:57:24 (29.6%)	8:23	7.1 (70.3%)
54	GAJEWSKI Rafał	805		M 36-45	24	00:00:16	03:17:05	05:50:16	06:38:03.50	06:38:03.50	+01:58:12 (29.7%)	8:24	7.1 (70.3%)
55	DUCH Rafał	638		M 18-35	14	00:00:33	03:23:39	05:57:58	06:38:12.20	06:38:12.20	+01:58:20 (29.7%)	8:25	7.1 (70.3%)
56	WYDRA Mariusz	791	STARE BABICE BIEGAJĄ	M 46-55	11	00:00:14	03:05:56	05:53:51	06:40:04.55	06:40:04.55	+02:00:13 (30.0%)	8:27	7.1 (70.3%)
57	BADOWSKI Rafał	605	WSZYSTKO JEST W GŁOWIE!	M 46-55	12	00:00:05	03:10:11	05:55:22	06:41:01.15	06:41:01.15	+02:01:09 (30.2%)	8:28	7.1 (70.3%)
58	HILLER Artur	659		M 36-45	25	00:00:05	03:11:34	05:56:44	06:42:00.80	06:42:00.80	+02:02:09 (30.4%)	8:29	7.1 (70.3%)
59	DZIADUŁA Dariusz	640		M 36-45	26	00:00:03	03:09:37	05:58:28	06:42:02.95	06:42:02.95	+02:02:11 (30.4%)	8:29	7.1 (70.3%)
60	NOWOROLNIK Piotr	720	LKS LUBAŃ TYLMANOWA	M 36-45	27	00:00:19	03:18:22	06:01:47	06:46:02.85	06:46:02.85	+02:06:11 (31.1%)	8:35	7 (69.3%)
61	PELSZYŃSKI Paweł	731		M 18-35	15	00:00:19	03:15:36	06:01:15	06:46:09.90	06:46:09.90	+02:06:18 (31.1%)	8:35	7 (69.3%)
62	GRABSKI Michał	653		M 36-45	28	00:00:13	03:17:21	05:51:48	06:47:27.85	06:47:27.85	+02:07:36 (31.3%)	8:36	7 (69.3%)
63	WIERZBA Michał	780	RUNKLINY TEAM	M 36-45	29	00:00:15	03:18:21	06:01:44	06:47:33.50	06:47:33.50	+02:07:42 (31.3%)	8:36	7 (69.3%)
64	SWIERK Seweryn	761		M 36-45	30	00:00:08	03:27:56	06:12:42	06:51:19.60	06:51:19.60	+02:11:28 (32.0%)	8:41	6.9 (68.3%)
65	ZIMNY Tomasz	799		M 56+	3	00:00:09	03:20:16	06:12:49	06:53:58.80	06:53:58.80	+02:14:07 (32.4%)	8:45	6.9 (68.3%)

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						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
66	SOKALSKI Grzegorz	804		M 46-55	13	00:00:08	03:20:20	06:03:41	06:54:12.60	06:54:12.60	+02:14:21 (32.4%)	8:45	6.9 (68.3%)
67	BUDYCH Arek	618		M 36-45	31	00:00:09	03:22:20	06:10:10	06:55:03.80	06:55:03.80	+02:15:12 (32.6%)	8:46	6.8 (67.3%)
68	ŚWIDER Dominik	771	HALNYTEAM	M 36-45	32	00:00:27	03:22:14	06:11:59	06:58:06.75	06:58:06.75	+02:18:15 (33.1%)	8:50	6.8 (67.3%)
69	ADAMCZYK Tomek	600	STAY INSANE	M 46-55	14	00:00:10	03:23:46	06:19:00	07:06:49.40	07:06:49.40	+02:26:58 (34.4%)	9:01	6.6 (65.3%)
70	WOJTALA Bartłomiej	788	UWAGA NA DZIADA	M 36-45	33	00:00:25	03:12:37	06:24:36	07:09:25.65	07:09:25.65	+02:29:34 (34.8%)	9:04	6.6 (65.3%)
71	ŻAK Robert	793		M 46-55	15	00:00:05	03:19:53	06:06:54	07:10:32.65	07:10:32.65	+02:30:41 (35.0%)	9:06	6.6 (65.3%)
72	LEWANDOWSKI Michał	699	MAMY TO	M 18-35	16	00:00:02	03:25:41	06:28:02	07:13:11.50	07:13:11.50	+02:33:20 (35.4%)	9:09	6.6 (65.3%)
72	SULARZ Bartłomiej	760		M 36-45	34	00:00:21	03:22:18	06:17:30	07:13:11.50	07:13:11.50	+02:33:20 (35.4%)	9:09	6.6 (65.3%)
74	WOJCIESZAK Katarzyna	785	ŚCO BIEGA	K 46-55	1	00:00:06	03:30:27	06:27:25	07:13:34.00	07:13:34.00	+02:33:42 (35.5%)	9:09	6.5 (64.4%)
75	AKKERMANS Digna	803		K 18-35	5	00:00:28	03:30:31	06:27:59	07:18:31.80	07:18:31.80	+02:38:40 (36.2%)	9:16	6.5 (64.4%)
76	CHOJNACKI Mikołaj	623	WARSAW RUN CLUB	M 36-45	35	00:00:26	03:25:45	06:33:32	07:21:26.50	07:21:26.50	+02:41:35 (36.6%)	9:19	6.4 (63.4%)
77	ŻYGIĘŁO Monika	801	#CH10	K 46-55	2	00:00:22	03:35:40	06:33:56	07:21:26.70	07:21:26.70	+02:41:35 (36.6%)	9:19	6.4 (63.4%)
78	GOŁOWICZ Anna	809		K 18-35	6	00:00:30	03:37:12	06:33:27	07:24:15.30	07:24:15.30	+02:44:23 (37.0%)	9:23	6.4 (63.4%)
79	PAŚNIK Paweł	728	AKB CRACOVIA	M 46-55	16	00:00:19	03:33:10	06:38:14	07:26:13.40	07:26:13.40	+02:46:22 (37.3%)	9:26	6.4 (63.4%)
80	BIEL Łukasz	613	VEGE RUNNERS	M 36-45	36	00:00:06	03:33:26	06:34:13	07:26:34.85	07:26:34.85	+02:46:43 (37.3%)	9:26	6.4 (63.4%)
81	STANCO Mariola	756		K 36-45	2	00:00:07	03:40:01	06:37:34	07:27:03.85	07:27:03.85	+02:47:12 (37.4%)	9:27	6.3 (62.4%)
82	WALKOWIAK Joanna	775	MUAY RUNNING TEAM	K 36-45	3	00:00:20	03:46:31	06:43:39	07:28:02.60	07:28:02.60	+02:48:11 (37.5%)	9:28	6.3 (62.4%)
83	MORAWSKI Grzegorz	808		M 36-45	37	00:00:22	03:28:20	06:35:45	07:28:42.95	07:28:42.95	+02:48:51 (37.6%)	9:29	6.3 (62.4%)
84	ŘEZNIČEK David	743		M 18-35	17	00:00:19	03:30:28	06:40:42	07:28:56.05	07:28:56.05	+02:49:04 (37.7%)	9:29	6.3 (62.4%)
85	LEŚNIAK-POPIEL Marta	698	POZYTYWNE ZABIEGANI SANOK	K 46-55	3	00:00:12	03:40:35	06:43:59	07:29:12.80	07:29:12.80	+02:49:21 (37.7%)	9:29	6.3 (62.4%)
86	CEBRAT Ewa	621		K 46-55	4	00:00:12	03:40:36	06:43:54	07:29:16.00	07:29:16.00	+02:49:24 (37.7%)	9:29	6.3 (62.4%)
87	ZIENKIEWICZ Justyna	797	PIASECZNO RUNNING	K 46-55	5	00:00:17	03:37:39	06:41:43	07:29:48.70	07:29:48.70	+02:49:57 (37.8%)	9:30	6.3 (62.4%)
88	ZIENKIEWICZ Agata	796	PIASECZNO RUNNING	K 36-45	4	00:00:15	03:37:42	06:41:37	07:29:48.85	07:29:48.85	+02:49:57 (37.8%)	9:30	6.3 (62.4%)
89	HULBÓJ Sebastian	661	WKS TEAM	M 46-55	17	00:00:13	03:34:50	06:38:50	07:30:06.10	07:30:06.10	+02:50:14 (37.8%)	9:30	6.3 (62.4%)
90	KARPIEL Magdalena	673		K 18-35	7	00:00:05	03:42:47	06:42:13	07:30:55.90	07:30:55.90	+02:51:04 (37.9%)	9:31	6.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
91	SILVA Miguel Martins Da Silva	814		M 46-55	18	00:00:20	03:36:00	06:40:33	07:32:18.20	07:32:18.20	+02:52:26 (38.1%)	9:33	6.3 (62.4%)
92	GRZYWIŃSKI Bartosz	656	RAMIRENT	M 36-45	38	00:00:33	03:33:32	06:44:30	07:33:36.65	07:33:36.65	+02:53:45 (38.3%)	9:35	6.3 (62.4%)
93	ZALEWSKI Konrad	794		M 18-35	18	00:00:04	03:25:43	06:39:22	07:33:42.70	07:33:42.70	+02:53:51 (38.3%)	9:35	6.3 (62.4%)
94	SZCZĘŚNIAK Michał	765		M 46-55	19	00:00:10	03:20:26	06:39:30	07:34:12.25	07:34:12.25	+02:54:20 (38.4%)	9:36	6.2 (61.4%)
95	JANUĆ Wojciech	670	ARKA LEŚNA	M 18-35	19	00:00:27	03:29:56	06:43:18	07:36:48.00	07:36:48.00	+02:56:56 (38.7%)	9:39	6.2 (61.4%)
95	ŚLUSAREK Wiktor	770	ARKA LEŚNA	M 18-35	19	00:00:28	03:29:54	06:43:09	07:36:48.00	07:36:48.00	+02:56:56 (38.7%)	9:39	6.2 (61.4%)
97	JABŁOŃSKA Agnieszka	664		K 18-35	8	00:00:12	03:20:21	06:39:06	07:40:23.80	07:40:23.80	+03:00:32 (39.2%)	9:43	6.2 (61.4%)
98	GŁOWACKI Mariusz	648	ACTIVE JURA	M 46-55	20	00:00:11	03:42:49	06:50:37	07:43:15.25	07:43:15.25	+03:03:23 (39.6%)	9:47	6.1 (60.4%)
99	SOJKOWSKI Piotr	754	4FUN TRIATHLON / NAJMOWICZ TRIATHLON	M 36-45	39	00:00:17	03:38:45	06:45:15	07:43:21.65	07:43:21.65	+03:03:30 (39.6%)	9:47	6.1 (60.4%)
100	BANACH Artur	607	NSZZ "SOLIDARNOŚCI"VOLKSWAGEN MOTOR POLSKA SP.ZO.O.	M 46-55	21	00:00:22	03:32:59	06:42:53	07:44:15.15	07:44:15.15	+03:04:23 (39.7%)	9:48	6.1 (60.4%)
101	PIETRZAK Michał	735		M 36-45	40	00:00:32	03:37:05	06:51:31	07:45:39.75	07:45:39.75	+03:05:48 (39.9%)	9:50	6.1 (60.4%)
102	KOŁOSOWSKI Piotr	682	KUNGFU PANDA TEAM	M 36-45	41	00:00:07	03:43:11	06:52:43	07:46:10.90	07:46:10.90	+03:06:19 (40.0%)	9:51	6.1 (60.4%)
103	MICKIEWICZ Adam	715	BAZALT-GRACZE	M 46-55	22	00:00:18	03:51:26	06:50:14	07:48:29.05	07:48:29.05	+03:08:37 (40.3%)	9:54	6.1 (60.4%)
104	OBRZUD Katarzyna	722		K 46-55	6	00:00:07	03:47:46	06:58:46	07:50:15.25	07:50:15.25	+03:10:23 (40.5%)	9:56	6 (59.4%)
105	KACZOR Marcin	810		M 46-55	23	00:01:21	03:39:53	06:54:01	07:50:51.00	07:50:51.00	+03:10:59 (40.6%)	9:57	6 (59.4%)
106	JANIK Grzegorz	667	BOCHNIA 5:60	M 36-45	42	00:00:11	03:44:30	07:01:01	07:54:06.90	07:54:06.90	+03:14:15 (41.0%)	10:01	6 (59.4%)
107	DOMARADZKA-KASZUBOWICZ Wiktoria	636		K 36-45	5	00:00:13	03:55:28	07:06:34	07:54:23.90	07:54:23.90	+03:14:32 (41.0%)	10:01	6 (59.4%)
108	KURINNYI Bohdan	691	SPARTANIE DZICIOM	M 18-35	21	00:00:33	03:39:04	07:04:41	07:56:29.35	07:56:29.35	+03:16:37 (41.3%)	10:04	6 (59.4%)
109	BARCZAK Anna	610		K 36-45	6	00:00:12	03:44:49	07:06:02	07:56:33.50	07:56:33.50	+03:16:42 (41.3%)	10:04	6 (59.4%)
110	DOMAGAŁA Jerzy	635		M 56+	4	00:00:30	03:45:26	07:00:25	07:57:15.85	07:57:15.85	+03:17:24 (41.4%)	10:05	5.9 (58.4%)
111	OLESEK Magdalena	696		K 36-45	7	00:00:10	03:34:22	06:49:22	07:59:15.10	07:59:15.10	+03:19:23 (41.6%)	10:07	5.9 (58.4%)
112	GAWRONSKI Romuald	646	ATOL KŁOBUCK	M 36-45	43	00:00:23	03:54:58	07:10:28	07:59:20.80	07:59:20.80	+03:19:29 (41.6%)	10:08	5.9 (58.4%)
113	KWIATKOWSKI Kajetan	692	KOWALE BIEGAJĄ	M 36-45	44	00:00:10	03:48:02	07:10:53	08:00:22.80	08:00:22.80	+03:20:31 (41.7%)	10:09	5.9 (58.4%)
114	BŁOŃSKI Piotr	614	POLISH WINGS	M 56+	5	00:00:07	03:45:59	07:02:48	08:00:23.15	08:00:23.15	+03:20:31 (41.7%)	10:09	5.9 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
114	WOJDA Dariusz	786	POLISH WINGS	M 46-55	24	00:00:06	03:46:00	07:02:44	08:00:23.15	08:00:23.15	+03:20:31 (41.7%)	10:09	5.9 (58.4%)
116	CUPER Tomasz	627	ORKAN WIATOWICE	M 36-45	45		03:48:27	06:59:50	08:00:31.25	08:00:31.25	+03:20:39 (41.8%)	10:09	5.9 (58.4%)
117	DREWNIK Robert	637	BIEGNIJ Z PROSERVICE	M 36-45	46	00:00:13	03:41:18	07:01:07	08:01:25.35	08:01:25.35	+03:21:33 (41.9%)	10:10	5.9 (58.4%)
118	SEROKA Piotr	777		M 36-45	47	00:00:34	03:32:32	06:59:06	08:02:46.85	08:02:46.85	+03:22:55 (42.0%)	10:12	5.9 (58.4%)
119	ZAPALSKA Aleksandra	795	TATRA GANG	K 18-35	9	00:00:36	03:51:15	07:08:37	08:03:44.75	08:03:44.75	+03:23:53 (42.1%)	10:13	5.9 (58.4%)
120	STRZELCZYK Tomasz	759	HURAGAN LIGOTA	M 36-45	48	00:00:15	03:45:07	07:08:32	08:03:44.90	08:03:44.90	+03:23:53 (42.1%)	10:13	5.9 (58.4%)
121	POMASKI Paweł	802	ADIDAS RUNNERS WARSZAWA	M 46-55	25	00:00:08	03:40:45	07:02:58	08:04:18.40	08:04:18.40	+03:24:27 (42.2%)	10:14	5.9 (58.4%)
122	WICHEREK Maciej	557	ITMBW	M 46-55	26	00:00:40	03:49:37	07:19:20	08:06:07.10	08:06:07.10	+03:26:15 (42.4%)	10:16	5.8 (57.4%)
123	AUGUSTYNIAK Mirosława	603	MAMY TO	K 46-55	7	00:00:24	04:06:09	07:18:48	08:08:20.00	08:08:20.00	+03:28:28 (42.7%)	10:19	5.8 (57.4%)
124	MATEJCZYK-WALETKO Dorota	710	MAMY TO	K 36-45	8	00:00:24	04:06:11	07:18:53	08:08:20.30	08:08:20.30	+03:28:28 (42.7%)	10:19	5.8 (57.4%)
125	GONCERZEWICZ Anna	650	STARE BABICE BIEGAJĄ	K 36-45	9	00:00:14	04:01:33	07:14:14	08:11:42.05	08:11:42.05	+03:31:50 (43.1%)	10:23	5.8 (57.4%)
126	KAWA Michał	675		M 36-45	49	00:00:09	03:51:31	07:09:12	08:11:50.20	08:11:50.20	+03:31:58 (43.1%)	10:23	5.8 (57.4%)
127	SZPURA Kamila	768	NOWA HUTA TEAM	K 36-45	10	00:00:30	03:57:57	07:17:13	08:15:16.65	08:15:16.65	+03:35:25 (43.5%)	10:28	5.7 (56.4%)
128	CIEPIELA Patryk	625		M 36-45	50	00:00:32	03:57:59	07:17:18	08:15:20.20	08:15:20.20	+03:35:28 (43.5%)	10:28	5.7 (56.4%)
129	JANICZEK Maciej	666		M 36-45	51	00:00:25	03:39:25	07:14:26	08:15:28.90	08:15:28.90	+03:35:37 (43.5%)	10:28	5.7 (56.4%)
130	KUKLA Leszek	689		M 46-55	27	00:00:24	03:39:28	07:14:22	08:15:29.00	08:15:29.00	+03:35:37 (43.5%)	10:28	5.7 (56.4%)
131	GRYGORUK Marek	654	VEGE RUNNERS	M 46-55	28	00:00:32	03:46:33	07:21:12	08:15:30.00	08:15:30.00	+03:35:38 (43.5%)	10:28	5.7 (56.4%)
132	KAJMOWICZ Aleksander	671	PTG SOKÓŁ W TUCHOWIE	M 56+	6	00:00:06	04:04:51	07:24:03	08:15:57.00	08:15:57.00	+03:36:05 (43.6%)	10:29	5.7 (56.4%)
133	NOWAK Karol	719		M 36-45	52	00:00:28	03:56:00	07:20:48	08:16:00.95	08:16:00.95	+03:36:09 (43.6%)	10:29	5.7 (56.4%)
134	KLEJSZTA Grzegorz	679	#CZELADZBIEGA	M 46-55	29	00:00:11	04:05:36	07:27:04	08:17:26.60	08:17:26.60	+03:37:35 (43.7%)	10:30	5.7 (56.4%)
135	ŁOPATKIEWICZ Beata	701		K 56+	1	00:00:25	04:11:28	07:28:30	08:25:38.05	08:25:38.05	+03:45:46 (44.7%)	10:41	5.6 (55.4%)
136	MICHALEC Marcin	713	KKB MOSIR KROSNO	M 18-35	22	00:00:26	04:11:02	07:28:24	08:25:38.30	08:25:38.30	+03:45:46 (44.7%)	10:41	5.6 (55.4%)
137	WRÓBEL-GŁOWACKA Honorata	790	ACTIVE JURA	K 36-45	11	00:00:11	04:04:29	07:32:31	08:27:16.90	08:27:16.90	+03:47:25 (44.8%)	10:43	5.6 (55.4%)
138	GRZESIK Michał	655	TRUSKAWA TEAM	M 36-45	53	00:00:15	04:07:45	07:31:24	08:27:37.10	08:27:37.10	+03:47:45 (44.9%)	10:43	5.6 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
139	KOZAK Aleksandra	807		K 46-55	8	00:00:16	04:11:09	07:31:18	08:29:00.15	08:29:00.15	+03:49:08 (45.0%)	10:45	5.6 (55.4%)
140	PAJURA Magda	726	NESSI TEAM	K 36-45	12	00:00:09	04:12:00	07:41:03	08:30:52.15	08:30:52.15	+03:51:00 (45.2%)	10:48	5.6 (55.4%)
141	BUDZIASZEK Agnieszka	619	EFFI RUN TEAM	K 18-35	10	00:00:04	04:17:21	07:38:45	08:34:23.75	08:34:23.75	+03:54:32 (45.6%)	10:52	5.5 (54.5%)
142	STACHERA Aleksandra	755	EFFI RUN TEAM	K 18-35	11	00:00:03	04:17:17	07:38:52	08:34:23.85	08:34:23.85	+03:54:32 (45.6%)	10:52	5.5 (54.5%)
143	GINTER Grzegorz	647	AZS COLLEGIUM MEDICUM UJ	M 36-45	54	00:00:05	04:08:43	07:44:18	08:35:52.95	08:35:52.95	+03:56:01 (45.8%)	10:54	5.5 (54.5%)
144	KUKOBNIKAVA Vitaliya	690	GREENBLACKCLUB	K 18-35	12	00:00:28	04:03:45	07:39:24	08:36:08.70	08:36:08.70	+03:56:17 (45.8%)	10:54	5.5 (54.5%)
145	SMORAWIŃSKI Marcin	751		M 46-55	30	00:00:18	04:07:40	07:38:07	08:40:56.80	08:40:56.80	+04:01:05 (46.3%)	11:00	5.4 (53.5%)
146	MIHALKOVÁ-GAJDOŠOVÁ Eva	716		K 46-55	9	00:00:30	04:19:19	07:51:05	08:43:14.85	08:43:14.85	+04:03:23 (46.5%)	11:03	5.4 (53.5%)
147	MATUSIEWICZ Karolina	711		K 36-45	13	00:00:14	04:18:34	07:43:41	08:45:45.10	08:45:45.10	+04:05:53 (46.8%)	11:06	5.4 (53.5%)
148	MACIASZ Sylwia	706		K 18-35	13	00:00:19	04:06:47	07:36:03	08:49:10.45	08:49:10.45	+04:09:19 (47.1%)	11:11	5.4 (53.5%)
149	MANOVA Aneta	707		K 36-45	14	00:00:29	04:19:45	07:51:30	08:49:30.00	08:49:30.00	+04:09:38 (47.1%)	11:11	5.4 (53.5%)
150	WNUK Mirosław	784		M 46-55	31	00:00:37	04:14:27	07:58:45	08:49:32.80	08:49:32.80	+04:09:41 (47.2%)	11:11	5.4 (53.5%)
151	GRABOWSKA-LESISZ Aneta	652	KLUB 4ROWERY	K 36-45	15	00:00:32	04:12:31	07:53:33	08:50:20.75	08:50:20.75	+04:10:29 (47.2%)	11:12	5.4 (53.5%)
151	WILK Daniel	781	KLUB BIEGACZA AKTYWNI KRZYŻ WLKP.	M 46-55	32	00:00:34	04:12:34	07:53:36	08:50:20.75	08:50:20.75	+04:10:29 (47.2%)	11:12	5.4 (53.5%)
153	OSTASZEWSKI Mariusz	725		M 36-45	55	00:00:24	04:15:34	07:53:58	08:51:40.85	08:51:40.85	+04:11:49 (47.4%)	11:14	5.3 (52.5%)
154	WIŚNIEWSKA Anna	782	STREFA FIT	K 18-35	14	00:00:28	04:24:48	08:00:34	08:55:28.30	08:55:28.30	+04:15:36 (47.7%)	11:19	5.3 (52.5%)
155	WARACHOWSKI Stefan	776		M 46-55	33	00:00:27	04:24:40	08:00:31	08:55:28.40	08:55:28.40	+04:15:37 (47.7%)	11:19	5.3 (52.5%)
156	LIPKOWSKI Zbigniew	700	NIGHT RUNNERS POZNAŃ	M 36-45	56	00:00:07	04:18:44	07:51:17	08:57:36.55	08:57:36.55	+04:17:45 (47.9%)	11:21	5.3 (52.5%)
157	TOKARSKA Bożena	772	#ADAMCZERWIŃSKITEAM	K 36-45	16	00:00:21	04:25:49	08:01:25	09:00:42.55	09:00:42.55	+04:20:51 (48.2%)	11:25	5.2 (51.5%)
158	KASZYCKA Dorota	674	DUCH POGÓRZA	K 18-35	15	00:00:38	04:19:23	08:06:32	09:05:02.90	09:05:02.90	+04:25:11 (48.7%)	11:31	5.2 (51.5%)
159	KĄŻMIERCZAK Monika	677		K 36-45	17	00:00:18	03:45:40	07:45:46	09:06:37.40	09:06:37.40	+04:26:46 (48.8%)	11:33	5.2 (51.5%)
160	BANASZYNSKA Paulina	608		K 36-45	18	00:00:18	03:45:39	07:45:48	09:06:37.60	09:06:37.60	+04:26:46 (48.8%)	11:33	5.2 (51.5%)
161	HOLECZEK Olimpia	660	STS BIEGATON MIKOŁÓW	K 36-45	19	00:00:13	04:25:01	08:04:46	09:07:17.40	09:07:17.40	+04:27:26 (48.9%)	11:34	5.2 (51.5%)
162	SZAREK Robert	763		M 46-55	34	00:00:37	04:15:04	08:04:10	09:08:34.05	09:08:34.05	+04:28:42 (49.0%)	11:35	5.2 (51.5%)
163	OSZYLA Damian	644		M 36-45	57	00:00:04	04:21:57	05:08:28	09:09:07.85	09:09:07.85	+04:29:16 (49.0%)	11:36	5.2 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
						Start 0.001km	Knurowska 25km	Rozwidlenie 40km					
164	SADOWSKA Justyna	745		K 46-55	10	00:00:24	04:31:19	08:19:10	09:16:27.35	09:16:27.35	+04:36:35 (49.7%)	11:45	5.1 (50.5%)
165	RENS Gert	742		M 46-55	35	00:00:09	04:05:05	08:23:40	09:30:50.75	09:30:50.75	+04:50:59 (51.0%)	12:04	5 (49.5%)
166	ŻAK Oliwia	800		K 36-45	20		04:16:29	08:26:09	09:34:07.35	09:34:07.35	+04:54:15 (51.3%)	12:08	4.9 (48.5%)
166	JĘDRUSIK Agnieszka	812		K 36-45	20	00:00:31	04:16:32	08:26:16	09:34:07.35	09:34:07.35	+04:54:15 (51.3%)	12:08	4.9 (48.5%)
168	WOŹNIAK Adam	789		M 18-35	23	00:00:34	04:05:13	08:13:43	09:35:09.45	09:35:09.45	+04:55:18 (51.3%)	12:09	4.9 (48.5%)
169	TUCHOWSKA Anna	773		K 36-45	22	00:00:28	04:32:17	08:30:24	09:36:49.00	09:36:49.00	+04:56:57 (51.5%)	12:11	4.9 (48.5%)
170	BACHURSKI Daniel	604	PGB	M 46-55	36	00:00:15	04:42:00	08:33:24	09:38:24.70	09:38:24.70	+04:58:33 (51.6%)	12:13	4.9 (48.5%)
171	MIKOŁAJCZYK Katarzyna	717	MAMY TO	K 36-45	23	00:00:23	04:45:11	08:37:36	09:45:46.70	09:45:46.70	+05:05:55 (52.2%)	12:23	4.8 (47.5%)
172	CIECHOMSKI Bartłomiej	813		M 36-45	58	00:00:36	04:31:53	08:30:30	09:47:11.90	09:47:11.90	+05:07:20 (52.3%)	12:24	4.8 (47.5%)
173	LASKA Grzegorz	695	PIK TEAM	M 18-35	24	00:00:31	04:11:34	08:27:41	09:51:48.05	09:51:48.05	+05:11:56 (52.7%)	12:30	4.8 (47.5%)
174	STOLARCZYK Sylwia	757	PIK TEAM	K 18-35	16	00:00:31	04:11:32	08:27:36	09:51:48.10	09:51:48.10	+05:11:56 (52.7%)	12:30	4.8 (47.5%)
175	PATORA Mariusz	729		M 36-45	59	00:00:17	04:30:30	08:48:15	10:03:13.05	10:03:13.05	+05:23:21 (53.6%)	12:45	4.7 (46.5%)
176	SZERSZEŃ Janusz	766	PIASECZNO RUNNING	M 36-45	60	00:00:16	04:37:12	08:55:56	10:12:37.25	10:12:37.25	+05:32:45 (54.3%)	12:57	4.6 (45.5%)
177	KOPIEC Marcin	684	PIASECZNO RUNNING	M 46-55	37	00:00:19	04:37:01	08:56:01	10:12:37.60	10:12:37.60	+05:32:46 (54.3%)	12:57	4.6 (45.5%)
	DZIURZYŃSKI Paweł	642	ULTRASZSZCZAWNICY	M 36-45		00:00:24 DNF	03:12:16 DNF	06:24:39 DNF	DNF	DNF	-	-	- (0.0%)
	MAŃKA Magdalena	708		K 36-45		00:00:11 DNF	05:04:13 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LEŚNIAK Anna	697	SALT RUNNERS BOCHNIA	K 36-45		00:00:03 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOZERA Kamil	686	HARPAGAN SOSNOWIEC	M 36-45		00:00:19 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KITLAS Darek	811		M 46-55		00:06:06 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 182 wynik(ów)