



Klasyfikacja: Wszyscy

GORCE ULTRA-TRAIL® 48 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Gorce Ultra-Trail
Fundacja Run Vegan - GUT
2023-08-04
Ochotnica Dolna
48 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Przełęcz				Czas		Tempo min/km	Tempo km/h	
							Lubań 12km	Knurowska 25km	Jaszcze 35km	Rozwidlenie 40km	netto 47.3km	brutto 47.3km			
1	SMOLIŃSKI Marcin	726	STAJNIAK TEAM	M 18-35	1		01:16:47	02:28:27	03:32:54	04:23:31	04:58:57.95	04:58:57.95		6:19	9.5 (100%)
2	FLOREK Sebastian	633		M 36-45	1		01:17:50	02:33:47	03:44:11	04:32:10	05:10:05.40	05:10:05.40	+00:11:07 (3.6%)	6:33	9.2 (96.8%)
3	TOMASIAK Natalia	763	SALOMON TEAM	K 36-45	1		01:21:29	02:36:46	03:50:05	04:42:21	05:21:19.60	05:21:19.60	+00:22:21 (7.0%)	6:47	8.8 (92.6%)
4	RUSEK Marcin	719	BARTOSZ GORCZYCA TEAM	M 36-45	2		01:22:37		03:51:22	04:46:00	05:25:08.45	05:25:08.45	+00:26:10 (8.1%)	6:52	8.7 (91.6%)
5	ŁACIAK Marcin	680	BARUNOWCE	M 46-55	1		01:21:20	02:39:26	03:57:28	04:54:59	05:40:02.05	05:40:02.05	+00:41:04 (12.1%)	7:11	8.3 (87.4%)
6	LENCZOWSKI Jakub	765	IRON DRAGON TRIATHLON CLUB	M 46-55	2		01:26:10	02:45:50	04:04:43	04:59:51	05:41:36.15	05:41:36.15	+00:42:38 (12.5%)	7:13	8.3 (87.4%)
7	SZCZUREK Dominik	731	KIA WADOWSCY TEAM	M 36-45	3		01:25:39	02:47:39	04:04:04	05:01:43	05:42:30.10	05:42:30.10	+00:43:32 (12.7%)	7:14	8.3 (87.4%)
8	JAKUBIEC Aleksandra	652	MAMY TO	K 36-45	2	Mamy TO	01:28:31	02:48:11	04:07:37	05:04:08	05:45:04.50	05:45:04.50	+00:46:06 (13.4%)	7:17	8.2 (86.3%)
9	WNĘK Marek	747		M 18-35	2		01:22:28	02:41:23	03:59:42	04:59:47	05:46:17.95	05:46:17.95	+00:47:20 (13.7%)	7:19	8.2 (86.3%)
10	KOZA Janusz	665	SOK Z GÓR	M 36-45	4		01:29:14	02:48:15	04:07:14	05:06:07	05:49:01.10	05:49:01.10	+00:50:03 (14.3%)	7:22	8.1 (85.3%)
11	KOMISARCZYK Anna	660		K 36-45	3		01:31:31	02:56:02	04:21:34	05:16:05	05:57:16.30	05:57:16.30	+00:58:18 (16.3%)	7:33	7.9 (83.2%)
12	ZOŁA Piotr	758	PIODZO EXTREME	M 18-35	3		01:29:23	02:49:29	04:12:29	05:17:42	06:01:12.75	06:01:12.75	+01:02:14 (17.2%)	7:38	7.9 (83.2%)
13	BIAŁEK Aleksandra	610	WEGANIZMY	K 18-35	1		01:28:35	02:49:57	04:12:27	05:17:01	06:02:01.35	06:02:01.35	+01:03:03 (17.4%)	7:39	7.8 (82.1%)
14	RUTKOWSKI Maciej	720	ULTRA DIABŁY TEAM LUBRZA	M 18-35	4		01:23:59	02:46:23	04:12:47	05:19:09	06:04:45.65	06:04:45.65	+01:05:47 (18.0%)	7:42	7.8 (82.1%)
15	KOWALSKI Michał	664	POLKAS / TRIWISE	M 18-35	5		01:25:37	02:49:54	04:20:01	05:22:34	06:08:34.80	06:08:34.80	+01:09:36 (18.9%)	7:47	7.7 (81.1%)
16	NOWOROLNIK Piotr	701	LKS LUBAŃ TYLMANOWA	M 36-45	5	Projekt 1000up	01:31:15	02:58:18	04:25:54	05:26:47	06:12:31.15	06:12:31.15	+01:13:33 (19.7%)	7:52	7.6 (80.0%)
17	GORCZYŃSKI Wojciech	646		M 36-45	6		01:32:25	02:59:25	04:29:27	05:37:27	06:26:04.00	06:26:04.00	+01:27:06 (22.6%)	8:09	7.4 (77.9%)
18	SCHWANBECK Johannes	769		M 18-35	6		01:34:02	03:07:53	04:34:01	05:33:59	06:30:38.20	06:30:38.20	+01:31:40 (23.5%)	8:15	7.3 (76.8%)

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							Lubań 12km	Knurowska 25km	Jaszczce 35km	Rozwidlenie 40km					
19	MRÓWKA Michał	690	OBOZY GÓRSKIE	M 36-45	7		01:33:08	03:03:15	04:36:21	05:43:53	06:34:32.55	06:34:32.55	+01:35:34 (24.2%)	8:20	7.2 (75.8%)
20	BUŁAWKA Łukasz	614	KW KRAKÓW	M 36-45	8		01:37:39	03:08:31	04:37:43	05:43:59	06:34:34.95	06:34:34.95	+01:35:37 (24.2%)	8:20	7.2 (75.8%)
21	KUCHARSKI Kamil	673	TRIJET TEAM	M 18-35	7		01:29:43	02:58:35	04:35:20	05:46:05	06:35:23.45	06:35:23.45	+01:36:25 (24.4%)	8:21	7.2 (75.8%)
22	SAK Kamil	756	ROZBIEGANE DOBCZYCE	M 18-35	8		01:32:12	02:59:49	04:27:44	05:40:42	06:37:38.35	06:37:38.35	+01:38:40 (24.8%)	8:24	7.1 (74.7%)
23	JUSZCZYK Łukasz	656	NIEPOŁOMICE BIEGAJĄ	M 36-45	9		01:33:49	03:06:17	04:40:11	05:50:30	06:38:03.10	06:38:03.10	+01:39:05 (24.9%)	8:24	7.1 (74.7%)
24	FILAŃSKI Marcin	632	BULBULATORZY	M 36-45	10		01:36:48	03:12:31	04:46:44	05:54:54	06:38:44.75	06:38:44.75	+01:39:46 (25.0%)	8:25	7.1 (74.7%)
25	MARKIEWICZ Agnieszka	685		K 18-35	2		01:38:24	03:12:39	04:47:28	05:52:45	06:39:09.90	06:39:09.90	+01:40:11 (25.1%)	8:26	7.1 (74.7%)
26	WILK Wiktoria	744	SARNI TĘTENT	K 36-45	4		01:37:02	03:13:19	04:46:43	05:54:12	06:43:53.25	06:43:53.25	+01:44:55 (26.0%)	8:32	7 (73.7%)
27	KURASIEWICZ Mariusz	676		M 36-45	11		01:45:16	03:19:52	04:56:22	06:04:28	06:49:58.25	06:49:58.25	+01:51:00 (27.1%)	8:40	6.9 (72.6%)
28	ŻARNOWSKI Grzegorz	760		M 36-45	12		01:51:29	03:25:38	04:54:49	06:02:16	06:50:50.55	06:50:50.55	+01:51:52 (27.2%)	8:41	6.9 (72.6%)
29	KOŻUCH Marcin	668	-	M 36-45	13		01:39:34	03:16:17	04:57:47	06:05:46	06:51:42.85	06:51:42.85	+01:52:44 (27.4%)	8:42	6.9 (72.6%)
30	PYZIK Ewa	714		K 46-55	1		01:42:51		05:01:57	06:07:05	06:53:55.20	06:53:55.20	+01:54:57 (27.8%)	8:45	6.9 (72.6%)
31	PIASECKI Łukasz	709	ZBŁAZ TEAM	M 36-45	14		01:45:05	03:21:04	05:02:25	06:11:29	06:53:56.80	06:53:56.80	+01:54:58 (27.8%)	8:45	6.9 (72.6%)
32	WOJTALA Bartłomiej	750	UWAGA NA DZIADA!	M 36-45	15		01:50:08	03:26:52	05:04:15	06:13:28	06:56:09.15	06:56:09.15	+01:57:11 (28.2%)	8:47	6.8 (71.6%)
33	JANOWICZ Rafał	654	MIĘKKI ŻELEK	M 36-45	16		01:36:14	03:12:26	04:55:41	06:05:50	06:57:47.90	06:57:47.90	+01:58:49 (28.4%)	8:49	6.8 (71.6%)
34	MISZCZAK Piotr	687		M 36-45	17		01:37:48	03:15:45	04:56:24	06:06:55	06:58:52.95	06:58:52.95	+01:59:55 (28.6%)	8:51	6.8 (71.6%)
35	WOJCIECHOWSKI Dariusz	749	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	M 36-45	18		01:42:28	03:21:06	05:02:36	06:13:20	07:03:34.25	07:03:34.25	+02:04:36 (29.4%)	8:57	6.7 (70.5%)
36	SAJDAK Piotr	721		M 18-35	9		01:42:14	03:23:40	05:03:49	06:15:18	07:03:52.70	07:03:52.70	+02:04:54 (29.5%)	8:57	6.7 (70.5%)
37	KRAWCZYK Karol	670	TATA KAZIKA	M 36-45	19		01:41:58	03:20:23	05:06:56	06:21:10	07:09:23.30	07:09:23.30	+02:10:25 (30.4%)	9:04	6.6 (69.5%)
38	ZIMNY Tomasz	757	FARTY PUSZCZY	M 56+	1		01:44:40	03:28:22	05:07:26	06:18:45	07:09:55.70	07:09:55.70	+02:10:57 (30.5%)	9:05	6.6 (69.5%)
39	SUCHORA Kacper	729	***** ***	M 18-35	10		01:39:37	03:16:11	04:53:58	06:14:18	07:12:12.05	07:12:12.05	+02:13:14 (30.8%)	9:08	6.6 (69.5%)
40	FRANICA Tomasz	635		M 46-55	3			03:24:16	05:04:35	06:19:02	07:14:45.40	07:14:45.40	+02:15:47 (31.2%)	9:11	6.5 (68.4%)
41	ORZOŁ Sławomir	704	ROZBIEGANY PIASTÓW	M 36-45	20		01:35:03	03:15:32	05:06:19	06:23:41	07:16:18.85	07:16:18.85	+02:17:20 (31.5%)	9:13	6.5 (68.4%)
42	DZIADUŁA Dariusz	629		M 36-45	21			03:27:58	05:07:24	06:23:50	07:16:36.10	07:16:36.10	+02:17:38 (31.5%)	9:13	6.5 (68.4%)
43	RADAJEWSKI Arkadiusz	715	CROSS KRAPKOWICE	M 46-55	4		01:46:03	03:30:13	05:15:43	06:28:13	07:17:19.10	07:17:19.10	+02:18:21 (31.6%)	9:14	6.5 (68.4%)
44	OBRZUD Rafal	702		M 46-55	5		01:43:41	03:25:35	05:09:35	06:22:38	07:20:33.20	07:20:33.20	+02:21:35 (32.1%)	9:18	6.4 (67.4%)
45	GRZEGORCZYK Mateusz	648	ZAKOCHAJ SIE W BIEGANIU #7TRTP	M 18-35	11		01:50:22	03:30:06	05:14:48	06:30:35	07:21:08.95	07:21:08.95	+02:22:11 (32.2%)	9:19	6.4 (67.4%)

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							Lubań 12km	Knurowska 25km	Jaszczce 35km	Rozwidlenie 40km					
46	MORAWSKI Filip	689	KRAKOWIAK ULTRA TEAM	M 46-55	6		01:38:31	03:15:50	05:02:32	06:24:07	07:22:51.10	07:22:51.10	+02:23:53 (32.5%)	9:21	6.4 (67.4%)
47	BEŁZAK Filip	609	TRIJET TEAM	M 18-35	12		01:46:28	03:26:15	05:12:22	06:29:40	07:24:15.25	07:24:15.25	+02:25:17 (32.7%)	9:23	6.4 (67.4%)
48	BADOWSKI Rafał	604	WSZYSTKO JEST W GŁOWIE!	M 46-55	7		01:40:53	03:23:51	05:07:08	06:26:13	07:25:39.65	07:25:39.65	+02:26:41 (32.9%)	9:25	6.4 (67.4%)
49	GOLASZ Marek	643		M 56+	2		01:44:16	03:25:20	05:09:35	06:27:41	07:29:35.65	07:29:35.65	+02:30:37 (33.5%)	9:30	6.3 (66.3%)
50	GOLONKA Łukasz	644		M 36-45	22		01:42:02	03:28:09	05:20:59	06:41:22	07:31:48.40	07:31:48.40	+02:32:50 (33.8%)	9:33	6.3 (66.3%)
51	FABISIAK Andrzej	631	STANWEX II	M 56+	3		01:42:17		05:24:45	06:42:06	07:32:20.75	07:32:20.75	+02:33:22 (33.9%)	9:33	6.3 (66.3%)
52	BRODA Dominik	613		M 36-45	23		01:46:35	03:33:08	05:25:32	06:36:57	07:33:11.35	07:33:11.35	+02:34:13 (34.0%)	9:34	6.3 (66.3%)
53	WIECH Kinga	768		K 36-45	5		01:49:23	03:43:33	05:28:01	06:42:28	07:34:02.05	07:34:02.05	+02:35:04 (34.2%)	9:35	6.3 (66.3%)
54	GOŁOWICZ Ania	645		K 18-35	3		01:49:31	03:35:27	05:28:17	06:47:27	07:36:55.60	07:36:55.60	+02:37:57 (34.6%)	9:39	6.2 (65.3%)
55	DZIERŻANOWSKA Katarzyna	630	RUNNINGLATE	K 36-45	6		01:50:12	03:41:20	05:28:24	06:47:37	07:37:25.45	07:37:25.45	+02:38:27 (34.6%)	9:40	6.2 (65.3%)
56	WÓŁKIEWICZ Paweł	752	TRAIL IS OUR WAY	M 46-55	8		01:47:48	03:29:38	05:27:33	06:49:57	07:40:17.10	07:40:17.10	+02:41:19 (35.0%)	9:43	6.2 (65.3%)
57	NIEPSUJ Maciej	697		M 46-55	9		01:54:06	03:42:48	05:31:54	06:46:17	07:40:50.75	07:40:50.75	+02:41:52 (35.1%)	9:44	6.2 (65.3%)
58	STRZELCZYK Tomasz	728		M 36-45	24		01:44:14	03:28:51	05:23:26	06:47:35	07:41:25.45	07:41:25.45	+02:42:27 (35.2%)	9:45	6.2 (65.3%)
59	WITLICKI Kacper	745	BBC KROSNO ODRZAŃSKIE	M 18-35	13		01:49:27	03:40:10	05:29:06	06:50:05	07:41:42.70	07:41:42.70	+02:42:44 (35.2%)	9:45	6.1 (64.2%)
60	MUCHA Miłosz	691		M 36-45	25		01:42:00	03:25:18	05:24:47	06:45:41	07:43:00.20	07:43:00.20	+02:44:02 (35.4%)	9:47	6.1 (64.2%)
61	NIELEPIEC Artur	696		M 36-45	26		01:42:04	03:26:19	05:22:01	06:36:47	07:45:54.20	07:45:54.20	+02:46:56 (35.8%)	9:50	6.1 (64.2%)
62	BOROWICZ Tomasz	751	ATOM	M 36-45	27		01:46:31	03:31:05	05:25:11	06:48:45	07:46:06.10	07:46:06.10	+02:47:08 (35.9%)	9:51	6.1 (64.2%)
63	SZOSTAK Robert	732	TEAM ZABIEGANEDNI	M 46-55	10	Team ZabieganeDni	01:50:10	03:42:27	05:34:37	06:52:24	07:47:37.55	07:47:37.55	+02:48:39 (36.1%)	9:53	6.1 (64.2%)
64	WENCEL Paweł	742		M 36-45	28		01:50:15	03:35:58	05:29:11	06:47:07	07:51:27.65	07:51:27.65	+02:52:29 (36.6%)	9:58	6 (63.2%)
65	CHOJNACKI Mikołaj	616	WARSAW RUN CLUB	M 36-45	29		01:49:38	03:27:51	05:27:36	06:56:15	07:52:29.85	07:52:29.85	+02:53:31 (36.7%)	9:59	6 (63.2%)
66	FLOREK Marcin	634		M 18-35	14		01:37:54	03:23:38	05:19:13	06:40:58	07:55:41.80	07:55:41.80	+02:56:43 (37.2%)	10:03	6 (63.2%)
67	LEWCZUK Norbert	679	EDYTA LEWANDOWSKA TEAM/ BIEGACZE POMAGACZE	M 36-45	30		01:45:20	03:31:11	05:28:22	06:57:28	07:59:15.75	07:59:15.75	+03:00:17 (37.6%)	10:07	5.9 (62.1%)
68	PACHUT Krzysztof	705		M 36-45	31		01:47:27	03:34:11	05:35:19	07:01:34	07:59:29.50	07:59:29.50	+03:00:31 (37.6%)	10:08	5.9 (62.1%)
69	BIEL Tomasz	611		M 36-45	32		01:52:47	03:45:45	05:41:07	07:03:31	08:01:23.25	08:01:23.25	+03:02:25 (37.9%)	10:10	5.9 (62.1%)
70	CHUDY Grzegorz	617	ROZPACZ CHOBOT	M 36-45	33		01:45:45	03:32:46	05:30:46	07:00:28	08:01:37.10	08:01:37.10	+03:02:39 (37.9%)	10:10	5.9 (62.1%)
71	JAGIELSKA Magdalena	1131	POŁAWIACZKI PEREŁ, KS STASZEWSKY	K 46-55	2		01:54:14	03:52:21	05:47:48	07:04:33	08:05:44.15	08:05:44.15	+03:06:46 (38.5%)	10:16	5.8 (61.1%)
72	POPŁAWSKI Piotr	713	PGB SPORTOWA PACZKA	M 36-45	34	PGB Sportowa Paczka	01:51:34	03:44:14	05:41:20	07:04:26	08:05:44.45	08:05:44.45	+03:06:46 (38.5%)	10:16	5.8 (61.1%)

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							Lubań 12km	Knurowska 25km	Jaszczce 35km	Rozwidlenie 40km					
73	KONIK Jarosław	661		M 18-35	15		01:36:34	03:15:17	05:29:19	06:57:00	08:08:16.05	08:08:16.05	+03:09:18 (38.8%)	10:19	5.8 (61.1%)
74	KRAUZE Tomasz	669	GRUPA BIEGOWA WROCLAWSKIE MORSY	M 56+	4		01:59:13	03:53:39	05:45:46	07:10:12	08:12:12.15	08:12:12.15	+03:13:14 (39.3%)	10:24	5.8 (61.1%)
75	CZARNOTA Michał	623	PGB SPORTOWA PACZKA	M 36-45	35	PGB Sportowa Paczka	01:48:55	03:46:21	05:58:14	07:21:18	08:13:05.85	08:13:05.85	+03:14:07 (39.4%)	10:25	5.8 (61.1%)
76	ZARĘBA Beata	754		K 36-45	7		01:53:43	03:46:51	05:47:17	07:14:40	08:13:54.15	08:13:54.15	+03:14:56 (39.5%)	10:26	5.7 (60.0%)
77	DREWNIK Robert	627	BIEGNIJ Z PROSERVICE	M 36-45	36		01:50:04	03:42:51	05:43:49	07:11:02	08:17:09.50	08:17:09.50	+03:18:11 (39.9%)	10:30	5.7 (60.0%)
78	MYSZKIER Mariusz	693		M 36-45	37		01:53:11	03:44:29	06:00:51	07:16:08	08:19:13.30	08:19:13.30	+03:20:15 (40.1%)	10:33	5.7 (60.0%)
79	SIEROCIN Agata	724		K 36-45	8		01:49:59	03:51:30	05:52:30	07:19:21	08:21:25.45	08:21:25.45	+03:22:27 (40.4%)	10:36	5.7 (60.0%)
80	GODLEWSKI Cezary	642		M 36-45	38		01:53:54	03:45:14	05:45:55	07:18:06	08:23:05.60	08:23:05.60	+03:24:07 (40.6%)	10:38	5.6 (58.9%)
81	WNUK Mirosław	748	MIDNIGHT RUNNERS	M 46-55	11		01:56:44	03:53:30	05:58:13	07:21:57	08:25:23.90	08:25:23.90	+03:26:25 (40.8%)	10:41	5.6 (58.9%)
82	BAJSON Grzegorz	605		M 36-45	39	Giebułtów ciśnie	01:53:00	03:46:34	05:52:01	07:27:10	08:25:28.90	08:25:28.90	+03:26:30 (40.9%)	10:41	5.6 (58.9%)
83	SZYMAJDA Adam	734		M 36-45	40		01:53:03	03:46:29	05:52:01	07:27:16	08:25:29.25	08:25:29.25	+03:26:31 (40.9%)	10:41	5.6 (58.9%)
84	SZYSZKOWSKI Włodzimierz	735		M 46-55	12		01:42:55	03:57:44	06:00:42	07:25:49	08:26:48.35	08:26:48.35	+03:27:50 (41.0%)	10:42	5.6 (58.9%)
85	KUKOBNIKAVA Vitaliya	675	BIEGACZE STU MOSTÓW	K 18-35	4		02:00:13	04:06:30	06:13:37	07:30:18	08:27:49.05	08:27:49.05	+03:28:51 (41.1%)	10:44	5.6 (58.9%)
86	CZAJKOWSKI Paweł	621	WIKI&MAKS	M 46-55	13		01:52:58	03:58:10	06:06:56	07:36:36	08:31:56.40	08:31:56.40	+03:32:58 (41.6%)	10:49	5.5 (57.9%)
87	WALCZAK Jan	766		M 36-45	41		01:59:46	03:53:18	05:56:48	07:34:10	08:35:09.20	08:35:09.20	+03:36:11 (42.0%)	10:53	5.5 (57.9%)
88	JELINSKI Jaroslaw	655		M 56+	5		01:55:53	03:52:26	06:00:07	07:25:32	08:38:52.90	08:38:52.90	+03:39:54 (42.4%)	10:58	5.5 (57.9%)
89	GAWEŁ Małgorzata	640	CARBON SILESIA SPORT	K 18-35	5	Carbon Silesia Sport	02:05:00	04:06:27	06:14:55	07:41:02	08:39:47.95	08:39:47.95	+03:40:50 (42.5%)	10:59	5.5 (57.9%)
90	MYSZKOWSKI Paweł	694	ULTRA ŚLEDŹ	M 36-45	42		01:58:18	04:03:54	06:15:52	07:45:09	08:39:49.60	08:39:49.60	+03:40:51 (42.5%)	10:59	5.5 (57.9%)
91	KAJMOWICZ Aleksander	657	LKS BURZYN	M 56+	6		02:00:20	04:07:49	06:09:40	07:38:22	08:42:17.55	08:42:17.55	+03:43:19 (42.8%)	11:02	5.4 (56.8%)
92	KOPACZYŃSKA Beata	662	SOBAS TEAM	K 46-55	3	Sobas Team	02:05:32	04:09:14	06:13:17	07:38:17	08:42:39.35	08:42:39.35	+03:43:41 (42.8%)	11:02	5.4 (56.8%)
93	PIEKARSKI Ryszard	710		M 18-35	16		01:54:00	03:52:57	06:07:31	07:44:20	08:46:18.20	08:46:18.20	+03:47:20 (43.2%)	11:07	5.4 (56.8%)
94	GIL Lukasz	641		M 46-55	14		01:57:45	03:58:07	06:06:55	07:36:42	08:50:46.90	08:50:46.90	+03:51:48 (43.7%)	11:13	5.3 (55.8%)
95	WAWROWSKI Mariusz	739	VINCIWAY	M 46-55	15		01:52:20	03:53:34	05:59:31	07:31:09	08:50:47.20	08:50:47.20	+03:51:49 (43.7%)	11:13	5.3 (55.8%)
96	KOZANECKA Joanna	667	LUBONIEWKA TEAM	K 46-55	4		02:04:25	04:10:56	06:17:20	07:43:53	08:51:35.10	08:51:35.10	+03:52:37 (43.8%)	11:14	5.3 (55.8%)
97	KSIĄŻEK Leszek	672		M 46-55	16		02:04:08	04:07:45	06:15:28	07:44:26	08:52:36.75	08:52:36.75	+03:53:38 (43.9%)	11:15	5.3 (55.8%)
98	KOZAK Aleksandra	666		K 46-55	5		02:04:13	04:09:53	06:16:49	07:46:08	08:55:45.15	08:55:45.15	+03:56:47 (44.2%)	11:19	5.3 (55.8%)
99	CZESAK Marcin	625	RWM TEAM	M 36-45	43		02:05:37	04:18:53	06:28:28	07:57:07	09:00:23.45	09:00:23.45	+04:01:25 (44.7%)	11:25	5.3 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Przełęcz				Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Knurowska 25km	Jaszczce 35km	Rozwidlenie 40km					
100	CUPER Tomasz	618	ORKAN WIATOWICE	M 36-45	44		01:58:14	04:01:31	06:11:24	07:49:00	09:00:57.00	09:00:57.00	+04:01:59 (44.7%)	11:26	5.2 (54.7%)
101	ZWATYKANICZ Martyna	759	PROJEKT 100UP	K 36-45	9	Projekt 1000up	02:17:04	04:21:52	06:36:13	08:00:09	09:02:21.10	09:02:21.10	+04:03:23 (44.9%)	11:27	5.2 (54.7%)
102	BUREK Juliusz	615	PROJEKT 1000 UP	M 36-45	45	Projekt 1000up	02:16:33	04:21:30	06:38:49		09:04:55.40	09:04:55.40	+04:05:57 (45.1%)	11:31	5.2 (54.7%)
103	DRAPA Rafał	626		M 46-55	17		02:03:40	04:06:32	06:17:08	07:51:48	09:06:05.80	09:06:05.80	+04:07:07 (45.3%)	11:32	5.2 (54.7%)
104	ZAWISZA Joanna	755	VEGERUNNERS	K 46-55	6		02:03:52	04:06:18	06:17:11	07:51:32	09:06:06.15	09:06:06.15	+04:07:08 (45.3%)	11:32	5.2 (54.7%)
105	CZARNY Anna	624		K 46-55	7		02:04:20	04:16:39	06:34:24	08:06:25	09:09:06.00	09:09:06.00	+04:10:08 (45.6%)	11:36	5.2 (54.7%)
106	NASTAZIAK Andrzej	695		M 56+	7		02:02:57	04:14:28	06:35:13	08:10:17	09:12:22.70	09:12:22.70	+04:13:24 (45.9%)	11:40	5.1 (53.7%)
107	SALIŃSKI Bartosz	722	AUGUSTEAM	M 36-45	46		02:02:09	04:14:45	06:23:55	08:00:26	09:13:19.60	09:13:19.60	+04:14:21 (46.0%)	11:41	5.1 (53.7%)
108	BARAŃSKA Monika	607		K 46-55	8		02:02:47	04:09:09	06:26:28	07:59:41	09:14:06.70	09:14:06.70	+04:15:08 (46.0%)	11:42	5.1 (53.7%)
109	MOLTZAN-MAŁKOWSKA Liliana	688	CROSSFIT TORUŃ	K 18-35	6		02:08:21	04:18:59	06:32:26	08:00:34	09:17:23.90	09:17:23.90	+04:18:25 (46.4%)	11:47	5.1 (53.7%)
110	NOBILE Riccardo	698		M 18-35	17		02:06:16	04:17:50	06:36:12	08:11:27	09:24:50.85	09:24:50.85	+04:25:52 (47.1%)	11:56	5 (52.6%)
111	PAWEŁEK Łukasz	708		M 36-45	47		02:04:55	04:36:24	06:40:23	08:11:47	09:27:37.20	09:27:37.20	+04:28:39 (47.3%)	12:00	5 (52.6%)
112	RĘDZIA Michał	718	ZABIEGANY WOŁOMIN	M 46-55	18		02:03:24	04:18:01	06:35:14	08:16:34	09:29:37.05	09:29:37.05	+04:30:39 (47.5%)	12:02	5 (52.6%)
113	CUPER-GANCARSKA Katarzyna	619		K 36-45	10		02:11:07	04:31:45	06:47:46	08:18:05	09:30:32.75	09:30:32.75	+04:31:34 (47.6%)	12:03	5 (52.6%)
114	MERESIŃSKA Iwona	686		K 56+	1		02:05:15	04:44:25	07:00:36	08:32:02	09:32:30.75	09:32:30.75	+04:33:32 (47.8%)	12:06	5 (52.6%)
115	PASTWA Grzegorz	707		M 36-45	48		02:21:57	04:27:38	06:52:03	08:28:47	09:35:07.50	09:35:07.50	+04:36:09 (48.0%)	12:09	4.9 (51.6%)
116	PIOTROWSKA Anna	712	SPARTANIE DZIECIOM / META NADARZYN	K 46-55	9		02:07:44	04:24:10	06:47:51	08:24:32	09:36:43.85	09:36:43.85	+04:37:45 (48.2%)	12:11	4.9 (51.6%)
117	BAKALARSKA Mariola	606		K 46-55	10		02:07:51	04:28:35	06:47:49	08:24:41	09:36:44.20	09:36:44.20	+04:37:46 (48.2%)	12:11	4.9 (51.6%)
118	NOWAK Wiktor	699	SPARTANIE DZIECIOM	M 56+	8		01:57:57	04:21:40	06:47:52	08:19:27	09:36:44.45	09:36:44.45	+04:37:46 (48.2%)	12:11	4.9 (51.6%)
119	ŚWISŁOCKI Mateusz	736		M 18-35	18		02:06:43	04:17:29	06:41:05	08:24:14	09:41:57.10	09:41:57.10	+04:42:59 (48.6%)	12:18	4.9 (51.6%)
120	NOWAK Karol	700		M 36-45	49		02:08:45	04:24:08	06:51:30	08:30:36	09:42:44.20	09:42:44.20	+04:43:46 (48.7%)	12:19	4.9 (51.6%)
121	CZABAN Katarzyna	620	KULAM SIĘ JAK GUMIKLYJZY	K 18-35	7		02:05:45	05:03:17	07:14:27	08:48:33	09:48:24.10	09:48:24.10	+04:49:26 (49.2%)	12:26	4.8 (50.5%)
122	GRYGORUK Marek	647	VEGE RUNNERS	M 46-55	19		02:05:22	04:17:53	06:53:12	08:34:28	09:51:06.05	09:51:06.05	+04:52:08 (49.4%)	12:29	4.8 (50.5%)
123	RAJCZAK Łukasz	716		M 36-45	50		02:18:04	04:38:58	07:07:09	08:46:50	09:57:46.90	09:57:46.90	+04:58:48 (50.0%)	12:38	4.7 (49.5%)
124	PARYSZ Anna	706	STARE BABICE BIEGAJĄ	K 56+	2		02:27:31	04:53:15	07:10:12	08:48:48	09:58:06.75	09:58:06.75	+04:59:08 (50.0%)	12:38	4.7 (49.5%)
125	MURASZEW - DĄBROWSKA Katarzyna	692		K 46-55	11		02:15:33	04:31:08	07:05:04	08:43:47	09:59:50.40	09:59:50.40	+05:00:52 (50.2%)	12:40	4.7 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Przełęcz				Czas netto 47.3km	Czas brutto 47.3km	Różn	Tempo min/km	Tempo km/h
							Lubań 12km	Knurowska 25km	Jaszczce 35km	Rozwidlenie 40km					
126	KROMER Ludwik	671		M 56+	9		02:12:41	04:31:22	07:02:08	08:44:40	10:00:48.50	10:00:48.50	+05:01:50 (50.2%)	12:42	4.7 (49.5%)
127	WIERZBA Grzegorz	743	W&W MC	M 36-45	51		02:10:01	04:30:55	07:01:21	08:43:57	10:04:48.50	10:04:48.50	+05:05:50 (50.6%)	12:47	4.7 (49.5%)
128	ANTKOWIAK Mirosław	600	BBC KROSNO ODRZAŃSKIE	M 56+	10		01:59:39	04:28:26	07:07:56	08:50:17	10:14:46.15	10:14:46.15	+05:15:48 (51.4%)	12:59	4.6 (48.4%)
129	TATUŚKO Tomasz	764		M 46-55	20		02:10:08	04:30:49	06:55:04	08:37:37	10:14:46.40	10:14:46.40	+05:15:48 (51.4%)	12:59	4.6 (48.4%)
130	LECH Arkadiusz	678	OBSTACLE CENTER TEAM	M 36-45	52		02:08:42	04:20:57	07:03:33	08:48:40	10:18:55.80	10:18:55.80	+05:19:57 (51.7%)	13:05	4.6 (48.4%)
131	SOKOŁOWSKI Artur	727	TEAM ZABIEGANEDNI	M 46-55	21		02:20:52	04:53:20	07:20:37	09:06:13	10:27:53.50	10:27:53.50	+05:28:55 (52.4%)	13:16	4.5 (47.4%)
132	SZCZUREK Aleksandra	730		K 18-35	8		02:17:22	04:38:24	07:12:19	08:58:35	10:28:53.15	10:28:53.15	+05:29:55 (52.5%)	13:17	4.5 (47.4%)
133	TRAWCZYŃSKA Ewelina	737		K 46-55	12		02:12:00	04:38:12	07:11:37	08:56:23	10:30:18.30	10:30:18.30	+05:31:20 (52.6%)	13:19	4.5 (47.4%)
134	SIENKIEWICZ Wojciech	723	ORANGE POLSKA	M 46-55	22	Orange Polska	02:12:04	04:38:05	07:11:23	08:56:15	10:30:18.50	10:30:18.50	+05:31:20 (52.6%)	13:19	4.5 (47.4%)
135	HORN Rafał	651		M 46-55	23		02:16:03		07:15:30	09:08:12	10:30:20.10	10:30:20.10	+05:31:22 (52.6%)	13:19	4.5 (47.4%)
136	KOBYLIŃSKA-URBANIAK Ewa	659		K 46-55	13		02:17:18	04:47:41	07:25:34	09:07:25	10:30:28.95	10:30:28.95	+05:31:31 (52.6%)	13:19	4.5 (47.4%)
137	GALUSZEWSKA Katarzyna	639		K 36-45	11		02:16:57	04:49:45	07:33:43	09:15:12	10:31:03.70	10:31:03.70	+05:32:05 (52.6%)	13:20	4.5 (47.4%)
138	ARTEMIUK Eugeniusz	601	HAJNÓWKA BIEGA	M 56+	11		02:34:32	04:53:38	07:24:20	08:12:31	10:35:50.05	10:35:50.05	+05:36:52 (53.0%)	13:26	4.5 (47.4%)
139	ARTEMIUK Eugenia	602	HAJNÓWKA BIEGA	K 56+	3		02:34:58	04:54:07	07:24:29	09:10:50	10:35:50.30	10:35:50.30	+05:36:52 (53.0%)	13:26	4.5 (47.4%)
140	DOMAŃSKI Paweł	762		M 36-45	53		02:05:27	04:31:15	07:39:19	09:20:21	10:40:29.15	10:40:29.15	+05:41:31 (53.3%)	13:32	4.4 (46.3%)
141	CZARNOGÓRSKI Dominik	622	PGB SPORTOWA PACZKA	M 46-55	24	PGB Sportowa Paczka	02:23:16	04:41:53	07:23:56	09:26:42	10:41:40.20	10:41:40.20	+05:42:42 (53.4%)	13:33	4.4 (46.3%)
142	WEBER Agata	741	VELO ŁOSIE NA SZOSIE	K 46-55	14		02:33:54	04:54:19	07:39:10	09:27:43	10:42:57.75	10:42:57.75	+05:43:59 (53.5%)	13:35	4.4 (46.3%)
143	MAŃKA Magdalena	682	ZRYW PARZYMIECHY	K 36-45	12		02:30:02	04:54:24	07:29:25	09:24:49	10:46:03.40	10:46:03.40	+05:47:05 (53.7%)	13:39	4.4 (46.3%)
Przekroczony limit czasu: 11:00:00															
144	GALCZYŃSKA Joanna	637		K 36-45	13		02:15:26	04:48:22	07:31:14	09:42:55	11:16:43.50	11:16:43.50	+06:17:45 (55.8%)	14:18	4.2 (44.2%)
144	GALCZYŃSKI Leszek	638		M 46-55	25		02:15:29	04:48:27	07:35:41	09:42:52	11:16:43.50	11:16:43.50	+06:17:45 (55.8%)	14:18	4.2 (44.2%)
146	HOFFMANN Robert	650		M 36-45	54		02:15:20	04:34:06			11:38:33.35	11:38:33.35	+06:39:35 (57.2%)	14:46	4.1 (43.2%)
	SILSKI Marek	725	ATRAKCYJNE TOWARZYSTWO	M 46-55			02:10:45 DNF	04:45:00 DNF	07:39:05 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOROSTYŃSKI Damian	663		M 46-55			01:50:06 DNF	03:44:59 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WŁODARSKI Piotr	746	ZRYW PARZYMIECHY	M 36-45			02:19:19 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KUREK Mateusz	677	OBSTACLE CENTER TEAM	M 18-35			02:45:24 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)