



**Wydarzenie:** Gorce Ultra-Trail 2020  
**Organizator:** Fundacja Run Vegan - GUT  
**Data:** 2020-08-01  
**Miejsce:** Ochotnica Dolna  
**Dystans:** 48 km

## GORCE ULTRA-TRAIL® 48 KM

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 45-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
1	<b>KUREK Jacek</b>	<b>520</b>	FUNDACJA ŚLĄSKIE HOSPICJUM DLA DZIECI ŚWIETLIKOWO	M 45-59	1	00:00:15	01:21:09	02:37:16	04:51:55	<b>05:39:05.70</b>	<b>05:39:21.10</b>		7:03	8.5 (100%)
2	<b>OLSZAK Zenon</b>	<b>560</b>	WARSAW RUN CLUB	M 45-59	2	00:01:00	01:36:15	03:03:32	05:35:27	<b>06:16:58.65</b>	<b>06:17:59.00</b>	+00:37:52 (10.0%)	7:51	7.6 (89.4%)
3	<b>KWAŚNIEWSKI Krzysztof</b>	<b>522</b>	TRENER FOREST	M 45-59	3	00:00:17	01:27:04	02:53:30	05:37:23	<b>06:24:13.70</b>	<b>06:24:31.50</b>	+00:45:08 (11.7%)	8:00	7.5 (88.2%)
4	<b>BADOWSKI Rafał</b>	<b>408</b>	WSZYSTKO JEST W GŁOWIE!	M 45-59	4	00:00:31	01:32:45	03:00:41	05:44:43	<b>06:36:21.60</b>	<b>06:36:53.50</b>	+00:57:15 (14.4%)	8:15	7.3 (85.9%)
5	<b>DROZDOWICZ Michał</b>	<b>441</b>		M 45-59	5	00:00:42	01:45:18	03:17:56	05:55:00	<b>06:40:05.40</b>	<b>06:40:47.95</b>	+01:00:59 (15.2%)	8:20	7.2 (84.7%)
6	<b>ISKRZYCKI Andrzej</b>	<b>477</b>		M 45-59	6	00:00:24	01:42:23	03:14:52	05:58:24	<b>06:43:06.20</b>	<b>06:43:31.15</b>	+01:04:00 (15.9%)	8:23	7.1 (83.5%)
7	<b>SZARANIEC Sebastian</b>	<b>629</b>	T-MOBILE SPORT TEAM	M 45-59	7	00:58:28	01:32:21	03:00:21	05:59:25	<b>06:53:14.05</b>	<b>07:51:42.90</b>	+01:14:08 (17.9%)	8:36	7 (82.4%)
8	<b>PIESIK Jarosław</b>	<b>576</b>	WOLSZTYŃSKI KLUB BIEGOWY	M 45-59	8	00:00:30	01:39:58	03:16:42	06:09:14	<b>06:55:39.10</b>	<b>06:56:09.30</b>	+01:16:33 (18.4%)	8:39	6.9 (81.2%)
9	<b>TYMICKI Zbigniew</b>	<b>649</b>	ENTRE.PL TEAM	M 45-59	9	00:58:20	01:32:24	03:03:06	06:11:28	<b>06:58:21.00</b>	<b>07:56:41.30</b>	+01:19:15 (18.9%)	8:42	6.9 (81.2%)
10	<b>DĄBROWSKI Michał</b>	<b>433</b>	CINCLUS	M 45-59	10	00:00:47	01:36:49	03:06:15	06:13:05	<b>06:59:54.55</b>	<b>07:00:42.05</b>	+01:20:48 (19.2%)	8:44	6.9 (81.2%)
11	<b>MAŚLANKA Jarosław</b>	<b>538</b>	PEGA RUNNERS	M 45-59	11	00:00:17	01:31:16	03:06:31	06:05:40	<b>07:02:53.90</b>	<b>07:03:11.05</b>	+01:23:48 (19.8%)	8:48	6.8 (80.0%)
12	<b>GOŁĘBIEWSKI Andrzej</b>	<b>464</b>		M 45-59	12	00:00:25	01:39:58	03:18:38	06:22:47	<b>07:12:57.25</b>	<b>07:13:23.20</b>	+01:33:51 (21.7%)	9:01	6.7 (78.8%)
13	<b>PETER Marcin</b>	<b>572</b>		M 45-59	13	00:58:27	01:41:59	03:24:03	06:31:42	<b>07:20:44.20</b>	<b>08:19:12.00</b>	+01:41:38 (23.1%)	9:10	6.5 (76.5%)
14	<b>LIK Marek</b>	<b>523</b>		M 45-59	14	00:00:20	01:39:35	03:20:07	06:28:59	<b>07:38:37.20</b>	<b>07:38:57.45</b>	+01:59:31 (26.1%)	9:33	6.3 (74.1%)
15	<b>SZYMAŃSKI Sławek</b>	<b>633</b>		M 45-59	15	00:00:28	01:49:05	03:35:01	06:43:24	<b>07:40:44.50</b>	<b>07:41:12.70</b>	+02:01:38 (26.4%)	9:35	6.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
16	<b>WIŚNIEWSKI Robert</b>	<b>666</b>	PGB SPORTOWA PACZKA	M 45-59	16	00:58:17	01:46:36	03:39:46	06:56:39	<b>07:44:43.25</b>	<b>08:43:00.70</b>	+02:05:37 (27.0%)	9:40	6.2 (72.9%)
17	<b>SWOROWSKI Maciej</b>	<b>628</b>	WOLSZTYŃSKI KLUB BIEGOWY	M 45-59	17	00:00:30	01:55:18	03:46:03	06:53:12	<b>07:45:59.85</b>	<b>07:46:30.80</b>	+02:06:54 (27.2%)	9:42	6.2 (72.9%)
18	<b>WALCZAK Robert</b>	<b>654</b>	WILD SKUNKS	M 45-59	18	00:58:18	01:52:01	03:38:48	06:51:14	<b>07:49:47.85</b>	<b>08:48:06.70</b>	+02:10:42 (27.8%)	9:47	6.1 (71.8%)
19	<b>CISZYŃSKI Marek</b>	<b>426</b>	START KATOWICE	M 45-59	19	00:00:19	01:38:58	03:22:44	06:39:39	<b>07:49:52.95</b>	<b>07:50:12.25</b>	+02:10:47 (27.8%)	9:47	6.1 (71.8%)
20	<b>MOROŃ Artur</b>	<b>1162</b>	DZIABNIĘCI	M 45-59	20	00:00:22		03:25:47	06:42:20	<b>07:51:01.80</b>	<b>07:51:24.70</b>	+02:11:56 (28.0%)	9:48	6.1 (71.8%)
21	<b>KACZOREK Marcin</b>	<b>488</b>		M 45-59	21	00:01:06	01:48:13	03:36:38	06:57:08	<b>07:57:49.90</b>	<b>07:58:56.80</b>	+02:18:44 (29.0%)	9:57	6 (70.6%)
22	<b>MARCINKIEWICZ Jerzy</b>	<b>536</b>	ŁEMKO TEAM	M 45-59	22	00:00:34	01:53:55	03:53:00	07:11:02	<b>08:03:48.70</b>	<b>08:04:22.90</b>	+02:24:43 (29.9%)	10:04	6 (70.6%)
23	<b>SZCZEPANIAK Artur</b>	<b>630</b>	KB CZESIO BIEGA	M 45-59	23	00:00:23	01:54:03	03:46:04	07:07:21	<b>08:09:45.35</b>	<b>08:10:08.95</b>	+02:30:39 (30.8%)	10:12	5.9 (69.4%)
24	<b>DZIEDZIAK Marek</b>	<b>449</b>		M 45-59	24	00:00:35	01:48:53	03:37:40	07:06:52	<b>08:10:36.00</b>	<b>08:11:11.00</b>	+02:31:30 (30.9%)	10:13	5.9 (69.4%)
25	<b>GIL Lukasz</b>	<b>459</b>		M 45-59	25	00:00:53	01:52:37	03:32:56	07:21:24	<b>08:12:18.15</b>	<b>08:13:11.70</b>	+02:33:12 (31.1%)	10:15	5.9 (69.4%)
26	<b>FLIS Dariusz</b>	<b>452</b>	OLIMP ZABRZE	M 45-59	26	00:00:30	01:53:43	03:51:57	07:17:10	<b>08:15:56.25</b>	<b>08:16:26.95</b>	+02:36:50 (31.6%)	10:19	5.8 (68.2%)
27	<b>RĄB Łukasz</b>	<b>603</b>	DZIKIE ŻYCIE RUNTEAM	M 45-59	27	00:58:30	01:56:00	03:44:50	07:20:38	<b>08:17:39.70</b>	<b>09:16:10.00</b>	+02:38:34 (31.9%)	10:22	5.8 (68.2%)
28	<b>GŁOWACKI Mariusz</b>	<b>460</b>	ACTIVE JURA	M 45-59	28	00:00:49	01:58:58	03:50:38	07:34:16	<b>08:25:14.25</b>	<b>08:26:04.05</b>	+02:46:08 (32.9%)	10:31	5.7 (67.1%)
29	<b>ZABROCKI Andrzej</b>	<b>688</b>		M 45-59	29	00:58:12	01:53:29	03:59:05	07:30:47	<b>08:25:38.05</b>	<b>09:23:50.35</b>	+02:46:32 (32.9%)	10:32	5.7 (67.1%)
30	<b>KSIĄŻEK Leszek</b>	<b>512</b>		M 45-59	30	00:00:24	02:01:46	04:01:31	07:39:49	<b>08:38:53.70</b>	<b>08:39:18.20</b>	+02:59:48 (34.7%)	10:48	5.6 (65.9%)
31	<b>ALBINIAK Marcin</b>	<b>405</b>		M 45-59	31	00:00:32	01:45:33	03:37:50	07:40:10	<b>08:44:58.15</b>	<b>08:45:30.50</b>	+03:05:52 (35.4%)	10:56	5.5 (64.7%)
32	<b>GRYGORUK Marek</b>	<b>470</b>	VEGE RUNNERS	M 45-59	32	00:00:51	01:53:19	03:54:55	07:36:02	<b>08:46:36.00</b>	<b>08:47:27.40</b>	+03:07:30 (35.6%)	10:58	5.5 (64.7%)
33	<b>ZARĘBA Andrzej</b>	<b>691</b>		M 45-59	33	00:58:26	01:58:06	04:04:49	07:52:05	<b>08:51:44.45</b>	<b>09:50:10.45</b>	+03:12:38 (36.2%)	11:04	5.4 (63.5%)
34	<b>MAŁEK Paweł</b>	<b>532</b>	SPORTOWA PACZKA POCZTOWA GRUPA BIEGOWA	M 45-59	34	00:00:46	01:51:36	03:50:03	07:51:16	<b>08:51:53.55</b>	<b>08:52:39.55</b>	+03:12:47 (36.2%)	11:04	5.4 (63.5%)
35	<b>KOWALEWSKI Dariusz</b>	<b>506</b>		M 45-59	35	00:58:23	01:50:56	04:00:43	07:41:23	<b>08:55:18.75</b>	<b>09:53:42.50</b>	+03:16:13 (36.7%)	11:09	5.4 (63.5%)
36	<b>PODLEWSKI Wojciech</b>	<b>585</b>	KS SPORTIVA	M 45-59	36	00:58:09	01:53:44	04:03:54	07:54:15	<b>08:59:25.50</b>	<b>09:57:34.50</b>	+03:20:19 (37.1%)	11:14	5.3 (62.4%)
37	<b>JELINSKI Jaroslaw</b>	<b>483</b>		M 45-59	37	00:00:40	01:56:27	03:56:26	08:02:32	<b>09:08:13.45</b>	<b>09:08:54.30</b>	+03:29:07 (38.1%)	11:25	5.3 (62.4%)
38	<b>TOKARSKI Rafał</b>	<b>644</b>		M 45-59	38	00:58:33	02:12:19	04:20:33	08:06:42	<b>09:09:29.90</b>	<b>10:08:03.15</b>	+03:30:24 (38.3%)	11:26	5.2 (61.2%)
39	<b>CIESIELSKI Jan</b>	<b>425</b>	PGB SPORTOWA PACZKA	M 45-59	39	00:00:50	01:58:07	04:01:22	08:07:48	<b>09:10:51.35</b>	<b>09:11:42.30</b>	+03:31:45 (38.4%)	11:28	5.2 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Luban 12km	Prz_Knur 25km	Gorc 41km	Czas netto 48km	Czas brutto 48km	Różn	Tempo min/km	Tempo km/h
40	<b>BŁOŃSKI Piotr</b>	<b>417</b>	BRUBECK POLISH WINGS	M 45-59	40	00:01:10	02:19:00	04:24:48	08:31:12	<b>09:28:21.50</b>	<b>09:29:31.65</b>	+03:49:15 (40.3%)	11:50	5.1 (60.0%)
41	<b>WOJDA Dariusz</b>	<b>676</b>	BRUBECK POLISH WINGS	M 45-59	41	00:01:08	02:18:47	04:24:46	08:31:21	<b>09:28:22.90</b>	<b>09:29:31.80</b>	+03:49:17 (40.3%)	11:50	5.1 (60.0%)
42	<b>OLCZAK Janusz</b>	<b>559</b>	BIEGANIE 50+	M 45-59	42	00:00:41	02:16:22	04:31:02	08:19:05	<b>09:28:52.15</b>	<b>09:29:33.95</b>	+03:49:46 (40.4%)	11:51	5.1 (60.0%)
43	<b>KALITA Tomasz</b>	<b>491</b>	PGB SPORTOWA PACZKA	M 45-59	43	00:00:54	02:06:37	04:15:15	08:24:38	<b>09:37:14.85</b>	<b>09:38:09.30</b>	+03:58:09 (41.3%)	12:01	5 (58.8%)
44	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>492</b>	MORSY OSTROŁĘKA	M 45-59	44	00:00:15	02:15:34	04:38:28	08:48:32	<b>09:46:57.00</b>	<b>09:47:12.65</b>	+04:07:51 (42.2%)	12:13	4.9 (57.6%)
45	<b>WARA-WĄSOWSKI Maciej</b>	<b>656</b>		M 45-59	45	00:00:26	02:14:52	04:53:07	09:27:01	<b>10:43:11.10</b>	<b>10:43:37.50</b>	+05:04:05 (47.3%)	13:23	4.5 (52.9%)
	<b>MATYJASIAK Konrad</b>	<b>541</b>		M 45-59		DNF	01:39:55 DNF	03:30:45 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PASTWA Janusz</b>	<b>567</b>		M 45-59		DNF	01:54:57 DNF	04:16:28 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 47 wynik(ów)