



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Gorce Ultra Trail - Winter  
Fundacja Run Vegan  
2020-02-22  
Ochoznica Górna  
24 km

## GUT WINTER 24

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas netto 24km	Czas brutto 24km	Różn	Tempo min/km	Tempo km/h
1	<b>MAREK Dariusz</b>	<b>289</b>	MONK SANDALS TEAM	M-OPEN	1		01:21:38		<b>02:09:01.25</b>	<b>02:09:02.10</b>		5:22	11.2 (100%)
2	<b>TOMASIK Stanisław</b>	<b>341</b>	GORLICA GRUPA BIEGOWA	M-OPEN	2		01:23:33		<b>02:09:38.70</b>	<b>02:09:41.25</b>	+00:00:39 (0.5%)	5:24	11.1 (99.1%)
3	<b>DOMBROWSKI Maciej</b>	<b>223</b>	ATTIQ TEAM	M-OPEN	3		01:23:46		<b>02:12:50.90</b>	<b>02:12:52.05</b>	+00:03:49 (2.9%)	5:32	10.8 (96.4%)
4	<b>BIERNAWSKI Piotr</b>	<b>210</b>		M-OPEN	4		01:26:51		<b>02:19:58.50</b>	<b>02:20:00.35</b>	+00:10:58 (7.8%)	5:49	10.3 (92.0%)
5	<b>BARAN Artur</b>	<b>204</b>		M-OPEN	5		01:33:17		<b>02:26:19.00</b>	<b>02:26:20.90</b>	+00:17:18 (11.8%)	6:05	9.8 (87.5%)
6	<b>STUDENCKI Dawid</b>	<b>331</b>		M-OPEN	6		01:34:32		<b>02:28:44.05</b>	<b>02:28:45.20</b>	+00:19:43 (13.3%)	6:11	9.7 (86.6%)
7	<b>KOCIOŁEK Witold</b>	<b>262</b>		M-OPEN	7		01:35:41		<b>02:31:11.15</b>	<b>02:31:13.10</b>	+00:22:11 (14.7%)	6:18	9.5 (84.8%)
8	<b>KUREK Jacek</b>	<b>277</b>	ŚWIETLIKOWO	M-OPEN	8		01:34:48		<b>02:32:29.60</b>	<b>02:32:32.60</b>	+00:23:30 (15.4%)	6:21	9.4 (83.9%)
9	<b>JASNOCH Marcin</b>	<b>251</b>	OLUSIA TEAM	M-OPEN	9		01:37:12		<b>02:32:53.45</b>	<b>02:32:55.70</b>	+00:23:53 (15.6%)	6:22	9.4 (83.9%)
10	<b>MALINOWSKI Piotr</b>	<b>287</b>	STS BIEGATON MIKOŁÓW	M-OPEN	10		01:36:46		<b>02:32:53.90</b>	<b>02:32:55.95</b>	+00:23:53 (15.6%)	6:22	9.4 (83.9%)
11	<b>WILK Katarzyna</b>	<b>352</b>		K-OPEN	1		01:41:21		<b>02:41:52.45</b>	<b>02:41:53.60</b>	+00:32:51 (20.3%)	6:44	8.9 (79.5%)
12	<b>MATLOK Marek</b>	<b>291</b>	SKURCZYBYKI	M-OPEN	11		01:43:25		<b>02:44:05.65</b>	<b>02:44:09.00</b>	+00:35:06 (21.4%)	6:50	8.8 (78.6%)
13	<b>BRZOZA Adam</b>	<b>214</b>	BIEGAMZAPARATEM.PL	M-OPEN	12		01:45:26		<b>02:44:33.30</b>	<b>02:44:35.70</b>	+00:35:33 (21.6%)	6:51	8.8 (78.6%)
14	<b>KURNYTA Sławek</b>	<b>278</b>		Mieszkaniec Ochoznicy	1	Tak	01:51:20		<b>02:51:01.95</b>	<b>02:52:11.65</b>	+00:43:09 (25.1%)	7:07	8.4 (75.0%)
15	<b>GORCZOWSKI Grzegorz</b>	<b>238</b>		M-OPEN	13		01:46:58		<b>02:53:18.00</b>	<b>02:53:23.20</b>	+00:44:21 (25.6%)	7:13	8.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 24km	brutto 24km			
16	<b>BARAN Piotr</b>	<b>205</b>		M-OPEN	14		01:52:08		<b>02:57:34.60</b>	<b>02:57:43.30</b>	+00:48:41 (27.4%)	7:23	8.1 (72.3%)
17	<b>KĘSICKI Andrzej</b>	<b>258</b>		M-OPEN	15		01:51:58		<b>02:58:08.35</b>	<b>02:58:19.70</b>	+00:49:17 (27.6%)	7:25	8.1 (72.3%)
18	<b>BAROSZ Natalia</b>	<b>380</b>	MARCINŚWIERTTEAM	K-OPEN	2		01:54:23		<b>02:59:01.15</b>	<b>02:59:02.80</b>	+00:50:00 (27.9%)	7:27	8 (71.4%)
19	<b>OPAŁKA Damian</b>	<b>302</b>	MYRACE	M-OPEN	16		01:51:24		<b>02:59:38.90</b>	<b>02:59:46.25</b>	+00:50:44 (28.2%)	7:29	8 (71.4%)
20	<b>BARAN Mateusz</b>	<b>203</b>	GORLICKA GRUPA BIEGOWA	M-OPEN	17		01:54:02		<b>03:00:18.45</b>	<b>03:00:21.75</b>	+00:51:19 (28.5%)	7:30	8 (71.4%)
21	<b>ZYCH Katarzyna</b>	<b>373</b>	BONNIE & CLYDE	K-OPEN	3		01:55:54		<b>03:00:43.90</b>	<b>03:00:47.65</b>	+00:51:45 (28.6%)	7:31	8 (71.4%)
22	<b>TOMCZYK Tomasz</b>	<b>342</b>	RMF4RT OCR	M-OPEN	18		01:53:36		<b>03:01:52.05</b>	<b>03:01:55.05</b>	+00:52:52 (29.1%)	7:34	7.9 (70.5%)
23	<b>PASTERNOK Marian</b>	<b>307</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	M-OPEN	19		01:57:35		<b>03:03:06.25</b>	<b>03:03:14.45</b>	+00:54:12 (29.6%)	7:37	7.9 (70.5%)
24	<b>DYŁĄG Andrzej</b>	<b>386</b>	PIEKIEŁKO FAMILY DYLAN TEAM	M-OPEN	20		01:54:55		<b>03:05:56.45</b>	<b>03:05:59.75</b>	+00:56:57 (30.6%)	7:44	7.7 (68.8%)
25	<b>SZNAJDER Jarosław</b>	<b>336</b>		M-OPEN	21		01:57:24		<b>03:07:35.20</b>	<b>03:07:39.40</b>	+00:58:37 (31.2%)	7:48	7.7 (68.8%)
26	<b>DAJCZER Rafał</b>	<b>389</b>		M-OPEN	22		01:55:13		<b>03:08:20.05</b>	<b>03:08:23.85</b>	+00:59:21 (31.5%)	7:50	7.6 (67.9%)
27	<b>BODZIOCH Grzegorz</b>	<b>212</b>	GORLICKA GRUPA BIEGOWA	M-OPEN	23		01:57:09		<b>03:08:55.15</b>	<b>03:09:05.35</b>	+01:00:03 (31.8%)	7:52	7.6 (67.9%)
28	<b>RZEMIŃSKI Jacek</b>	<b>319</b>		M-OPEN	24		02:00:31		<b>03:09:22.70</b>	<b>03:09:29.35</b>	+01:00:27 (31.9%)	7:53	7.6 (67.9%)
29	<b>KOLACHA Patryk</b>	<b>265</b>	STUDIO GTS	M-OPEN	25		02:00:00		<b>03:10:46.60</b>	<b>03:10:49.35</b>	+01:01:47 (32.4%)	7:56	7.5 (67.0%)
30	<b>MUCHA Agnieszka</b>	<b>298</b>		K-OPEN	4		01:59:44		<b>03:10:44.25</b>	<b>03:10:49.40</b>	+01:01:47 (32.4%)	7:56	7.5 (67.0%)
31	<b>WICHA Małgorzata</b>	<b>350</b>	WKS WAWEL	K-OPEN	5		02:05:03		<b>03:11:01.85</b>	<b>03:11:05.75</b>	+01:02:03 (32.5%)	7:57	7.5 (67.0%)
32	<b>STANUCHIEWICZ Oskar</b>	<b>328</b>		M-OPEN	26		01:59:16		<b>03:12:58.80</b>	<b>03:13:06.70</b>	+01:04:04 (33.2%)	8:02	7.5 (67.0%)
33	<b>FALKOWSKI Piotr</b>	<b>227</b>	KS PEGAZ PIASECZNO	M-OPEN	27		02:03:04		<b>03:13:21.50</b>	<b>03:13:34.90</b>	+01:04:32 (33.3%)	8:03	7.4 (66.1%)
34	<b>KMITA Krzysztof</b>	<b>261</b>		M-OPEN	28		01:57:53		<b>03:13:45.70</b>	<b>03:13:48.20</b>	+01:04:46 (33.4%)	8:04	7.4 (66.1%)
35	<b>GARUS Łukasz</b>	<b>233</b>		M-OPEN	29		01:59:33		<b>03:16:05.55</b>	<b>03:16:11.65</b>	+01:07:09 (34.2%)	8:10	7.3 (65.2%)
36	<b>MACHULIK Marek</b>	<b>285</b>		M-OPEN	30		02:02:14		<b>03:16:49.15</b>	<b>03:17:09.75</b>	+01:08:07 (34.6%)	8:12	7.3 (65.2%)
37	<b>FORTUNA Marcin</b>	<b>229</b>	ŚWISZCZĄCY ŁAŃCUCH	M-OPEN	31		02:03:08		<b>03:18:08.65</b>	<b>03:18:29.05</b>	+01:09:26 (35.0%)	8:15	7.3 (65.2%)
38	<b>WODZIEŃ Andrzej</b>	<b>359</b>	PAKO TEAM	M-OPEN	32		01:58:29		<b>03:18:02.50</b>	<b>03:18:34.00</b>	+01:09:31 (35.0%)	8:15	7.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Klasyfikacja mieszkańców		Lubań 14km	Kara/ bonifikata	Czas netto 24km	Czas brutto 24km	Różn	Tempo min/km	Tempo km/h
					Mkat	gminy							
39	ZALEWSKI Andrzej	370		M-OPEN	33		01:58:02		03:18:32.30	03:18:34.85	+01:09:32 (35.0%)	8:16	7.3 (65.2%)
40	WITKOWSKI Łukasz	357		M-OPEN	34		02:04:50		03:18:36.45	03:18:56.25	+01:09:54 (35.1%)	8:16	7.3 (65.2%)
41	WIELGOSZ Maria	351	6X6 TEAM	K-OPEN	6		01:58:04	00:15:00	03:18:39.00	03:19:01.00	+01:09:58 (35.2%)	7:39	7.8 (69.6%)
42	PIWOŃSKI Adam	309		M-OPEN	35		02:04:42		03:16:21.70	03:19:12.55	+01:10:10 (35.2%)	8:10	7.3 (65.2%)
43	KUCZYNSKI Kamil	275		M-OPEN	36		02:02:18		03:19:32.55	03:19:44.70	+01:10:42 (35.4%)	8:18	7.2 (64.3%)
44	WOŹNICZKA Jolanta	364	WOŹNICZKA	K-OPEN	7		02:03:23		03:20:08.25	03:20:09.70	+01:11:07 (35.5%)	8:20	7.2 (64.3%)
45	WÓJCIAK Piotr	365		Mieszkaniec Ochotnicy	2	Tak	01:59:35		03:20:34.10	03:20:44.80	+01:11:42 (35.7%)	8:21	7.2 (64.3%)
46	ANTECKI Jacek	202		M-OPEN	37		02:08:34		03:20:56.30	03:21:03.85	+01:12:01 (35.8%)	8:22	7.2 (64.3%)
47	SADZIK Dariusz	320	GRUPALUKTRANS.PL	M-OPEN	38		02:08:32		03:20:54.35	03:21:13.55	+01:12:11 (35.9%)	8:22	7.2 (64.3%)
48	DURAS Andrzej	224		M-OPEN	39		02:07:33		03:22:14.50	03:22:28.85	+01:13:26 (36.3%)	8:25	7.1 (63.4%)
49	TROCKI Marcin	343		M-OPEN	40		02:06:32		03:22:31.05	03:22:57.85	+01:13:55 (36.4%)	8:26	7.1 (63.4%)
50	SIKORSKI Szymon	324		M-OPEN	41		02:08:24		03:22:52.10	03:22:57.90	+01:13:55 (36.4%)	8:27	7.1 (63.4%)
51	FRACH Dominik	231	SIGMA PIZZA AND BAR	M-OPEN	42		02:07:02		03:23:46.30	03:23:59.20	+01:14:57 (36.7%)	8:29	7.1 (63.4%)
52	KARGUL Zbigniew	254	OSTROBIEC	M-OPEN	43		02:09:52		03:24:43.55	03:24:57.60	+01:15:55 (37.0%)	8:31	7 (62.5%)
53	TABIS-HUBKA Rafal	339	ZABRZAŃSKIE PARKOWE BIEGANIE	M-OPEN	44		02:03:26		03:25:10.70	03:25:19.20	+01:16:17 (37.2%)	8:32	7 (62.5%)
54	OSZYWA Damian	304	DAMCZI RUN	M-OPEN	45		02:04:50		03:26:16.65	03:26:24.55	+01:17:22 (37.5%)	8:35	7 (62.5%)
55	WOŹNIAK Tomasz	363		M-OPEN	46		02:08:27		03:26:23.15	03:26:43.10	+01:17:41 (37.6%)	8:36	7 (62.5%)
56	KRZYSIEK Mariusz	274		M-OPEN	47		02:15:01		03:27:33.60	03:27:43.75	+01:18:41 (37.9%)	8:38	6.9 (61.6%)
57	STĘPEL Marek	329		M-OPEN	48		02:05:54		03:28:12.95	03:28:19.70	+01:19:17 (38.1%)	8:40	6.9 (61.6%)
58	BYLINOWSKI Oleg	215		M-OPEN	49		02:11:16		03:28:56.25	03:29:01.65	+01:19:59 (38.3%)	8:42	6.9 (61.6%)
59	JĘDRZEJCZYK Agnieszka	253	RZESZOWSKIE GAZELE I GEPARDY	K-OPEN	8		02:11:03		03:28:56.90	03:29:01.75	+01:19:59 (38.3%)	8:42	6.9 (61.6%)
60	WÓJKOWSKI Tomasz	367		M-OPEN	50		02:07:51		03:29:39.20	03:29:42.85	+01:20:40 (38.5%)	8:44	6.9 (61.6%)
61	BARTOSIEWICZ Adam	206		M-OPEN	51		02:12:40		03:30:21.85	03:30:26.55	+01:21:24 (38.7%)	8:45	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 24km	brutto 24km		
62	<b>GUBERNIAK Renata</b>	<b>243</b>		K-OPEN	9		02:13:51		<b>03:32:24.90</b>	<b>03:32:30.95</b>	+01:23:28 (39.3%)	8:51 6.8 (60.7%)
63	<b>WOJCIECHOWSKA Maria</b>	<b>360</b>	JACEKBIEGA RUNNING TEAM	K-OPEN	10		02:11:12		<b>03:35:06.35</b>	<b>03:35:10.60</b>	+01:26:08 (40.0%)	8:57 6.7 (59.8%)
64	<b>NOWOROLNIK Piotr</b>	<b>384</b>	LUBAŃ TYLMANOWA	Mieszkaniec Ochotnicy	3	Tak	02:14:50		<b>03:35:06.50</b>	<b>03:36:16.40</b>	+01:27:14 (40.3%)	8:57 6.7 (59.8%)
65	<b>CHOJNACKI Mikołaj</b>	<b>217</b>	WARSAW RUN CLUB	M-OPEN	52		02:13:23		<b>03:35:58.25</b>	<b>03:36:25.45</b>	+01:27:23 (40.4%)	8:59 6.7 (59.8%)
66	<b>KRZEMIŃSKI Hubert Szczepan</b>	<b>273</b>	GRIVEL TEAM / AKS POLONIA WARSZAWA	M-OPEN	53		02:09:19		<b>03:37:41.05</b>	<b>03:37:45.85</b>	+01:28:43 (40.7%)	9:04 6.6 (58.9%)
67	<b>LEŚNIAK Marcin</b>	<b>282</b>		M-OPEN	54		02:15:35		<b>03:38:02.40</b>	<b>03:38:19.75</b>	+01:29:17 (40.9%)	9:05 6.6 (58.9%)
68	<b>GAWEŁ Michał</b>	<b>234</b>		M-OPEN	55		02:09:25		<b>03:37:54.15</b>	<b>03:38:22.50</b>	+01:29:20 (40.9%)	9:04 6.6 (58.9%)
69	<b>WIŚNIEWSKI Patrycjusz</b>	<b>353</b>	KS PEGAZ	M-OPEN	56		02:15:31		<b>03:38:18.60</b>	<b>03:38:32.60</b>	+01:29:30 (41.0%)	9:05 6.6 (58.9%)
70	<b>SZEWCZYK Mariusz</b>	<b>335</b>		M-OPEN	57		02:19:36		<b>03:38:24.75</b>	<b>03:38:38.50</b>	+01:29:36 (41.0%)	9:06 6.6 (58.9%)
71	<b>SYNOWSKA Ania</b>	<b>333</b>		K-OPEN	11		02:15:31		<b>03:38:35.65</b>	<b>03:38:45.45</b>	+01:29:43 (41.0%)	9:06 6.6 (58.9%)
72	<b>PARZONKA Michał</b>	<b>306</b>	ŚWISZCZĄCY ŁAŃCUCH	M-OPEN	58		02:17:30		<b>03:38:27.65</b>	<b>03:38:48.85</b>	+01:29:46 (41.0%)	9:06 6.6 (58.9%)
73	<b>DZIERŻAK Elżbieta</b>	<b>225</b>		K-OPEN	12		02:24:23		<b>03:39:08.90</b>	<b>03:39:15.85</b>	+01:30:13 (41.2%)	9:07 6.6 (58.9%)
74	<b>SIKLUCKI Grzegorz</b>	<b>323</b>	ONE WAY TICKET	M-OPEN	59		02:19:40		<b>03:39:18.40</b>	<b>03:39:23.70</b>	+01:30:21 (41.2%)	9:08 6.6 (58.9%)
75	<b>URIBE Manuel</b>	<b>346</b>		M-OPEN	60		02:18:53		<b>03:39:27.95</b>	<b>03:39:37.20</b>	+01:30:35 (41.2%)	9:08 6.6 (58.9%)
76	<b>SALIŃSKI Bartosz</b>	<b>321</b>	WKURW_TEAM	M-OPEN	61		02:14:16		<b>03:39:37.95</b>	<b>03:39:44.40</b>	+01:30:42 (41.3%)	9:09 6.6 (58.9%)
77	<b>KARKUT Michał</b>	<b>255</b>	FUN&RUN	M-OPEN	62		02:21:22		<b>03:39:37.15</b>	<b>03:40:15.60</b>	+01:31:13 (41.4%)	9:09 6.6 (58.9%)
78	<b>CZAPSKI Piotr</b>	<b>219</b>		M-OPEN	63		02:18:22		<b>03:41:00.75</b>	<b>03:41:19.35</b>	+01:32:17 (41.7%)	9:12 6.5 (58.0%)
79	<b>OGÓREK Lukasz</b>	<b>300</b>		M-OPEN	64		02:20:12		<b>03:40:59.90</b>	<b>03:41:29.90</b>	+01:32:27 (41.7%)	9:12 6.5 (58.0%)
80	<b>CZAMARA Dorota</b>	<b>218</b>	JACEKBIEGA RUNNING TEAM	K-OPEN	13		02:19:02		<b>03:41:36.45</b>	<b>03:41:49.05</b>	+01:32:46 (41.8%)	9:14 6.5 (58.0%)
81	<b>INDEO Simone</b>	<b>248</b>		M-OPEN	65		02:18:57		<b>03:42:38.65</b>	<b>03:42:40.50</b>	+01:33:38 (42.1%)	9:16 6.5 (58.0%)
82	<b>GÓRECKI Krzysztof</b>	<b>383</b>		M-OPEN	66		02:21:09		<b>03:42:42.95</b>	<b>03:43:17.50</b>	+01:34:15 (42.2%)	9:16 6.5 (58.0%)
83	<b>WITKOWSKI Michal</b>	<b>356</b>		M-OPEN	67		02:16:02		<b>03:43:34.45</b>	<b>03:43:51.25</b>	+01:34:49 (42.4%)	9:18 6.4 (57.1%)
84	<b>OSIKOWSKA Teresa</b>	<b>303</b>		K-OPEN	14		02:19:55		<b>03:44:01.95</b>	<b>03:44:16.25</b>	+01:35:14 (42.5%)	9:20 6.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 24km	brutto 24km			
85	<b>HANDZEL Wioletta</b>	<b>244</b>	-	K-OPEN	15		02:22:09		<b>03:45:14.40</b>	<b>03:45:23.50</b>	+01:36:21 (42.8%)	9:23	6.4 (57.1%)
86	<b>OŻÓG Paweł</b>	<b>305</b>		M-OPEN	68		02:22:11		<b>03:45:49.70</b>	<b>03:46:24.35</b>	+01:37:22 (43.0%)	9:24	6.4 (57.1%)
87	<b>MAJKOWSKA Anna</b>	<b>286</b>	WATAHARZESZÓW	K-OPEN	16		02:25:40		<b>03:49:12.40</b>	<b>03:49:41.55</b>	+01:40:39 (43.8%)	9:33	6.3 (56.3%)
88	<b>STOLARZ Grzegorz</b>	<b>330</b>	NIEPOŁOMICE BIEGAJĄ	M-OPEN	69		02:22:22		<b>03:49:49.75</b>	<b>03:50:06.25</b>	+01:41:04 (43.9%)	9:34	6.3 (56.3%)
89	<b>HOŁUJ Andrzej</b>	<b>246</b>		M-OPEN	70		02:20:00		<b>03:49:37.85</b>	<b>03:50:10.15</b>	+01:41:08 (43.9%)	9:34	6.3 (56.3%)
90	<b>ZYSK Paweł</b>	<b>374</b>		M-OPEN	71		02:19:35		<b>03:50:27.40</b>	<b>03:50:30.40</b>	+01:41:28 (44.0%)	9:36	6.2 (55.4%)
91	<b>SEREMET Piotr</b>	<b>322</b>		M-OPEN	72		02:22:46		<b>03:51:47.15</b>	<b>03:52:04.50</b>	+01:43:02 (44.4%)	9:39	6.2 (55.4%)
92	<b>BASTER Aleksandra</b>	<b>207</b>		K-OPEN	17		02:13:37		<b>03:53:15.30</b>	<b>03:53:21.05</b>	+01:44:18 (44.7%)	9:43	6.2 (55.4%)
93	<b>MICHALSKI Michał</b>	<b>295</b>	FRAMESFACTORY RACINGTEAM	M-OPEN	73		02:13:41		<b>03:53:15.65</b>	<b>03:53:21.10</b>	+01:44:19 (44.7%)	9:43	6.2 (55.4%)
94	<b>BIELIŃSKI Tomasz</b>	<b>209</b>		M-OPEN	74		02:22:12		<b>03:53:44.95</b>	<b>03:54:21.75</b>	+01:45:19 (44.9%)	9:44	6.2 (55.4%)
95	<b>WÓJCIAK Ewelina</b>	<b>366</b>		K-OPEN	18		02:27:31		<b>03:54:11.55</b>	<b>03:54:39.30</b>	+01:45:37 (45.0%)	9:45	6.1 (54.5%)
96	<b>LASKA Anna</b>	<b>280</b>	OCR TEAM DĘBICA	K-OPEN	19		02:28:21		<b>03:55:09.80</b>	<b>03:55:20.65</b>	+01:46:18 (45.2%)	9:47	6.1 (54.5%)
97	<b>ZUZANNA Zaloga</b>	<b>372</b>	BE ALIVE	K-OPEN	20		02:27:40		<b>03:57:15.05</b>	<b>03:57:31.00</b>	+01:48:28 (45.7%)	9:53	6.1 (54.5%)
98	<b>WALNIK Rafał</b>	<b>347</b>		M-OPEN	75		02:27:41		<b>03:57:45.35</b>	<b>03:57:55.15</b>	+01:48:53 (45.8%)	9:54	6.1 (54.5%)
99	<b>WIŚNIEWSKI Michał</b>	<b>354</b>		M-OPEN	76		02:24:28		<b>03:57:32.30</b>	<b>03:58:11.35</b>	+01:49:09 (45.8%)	9:53	6.1 (54.5%)
100	<b>GNOT Krzysztof</b>	<b>237</b>		M-OPEN	77		02:22:39		<b>03:57:53.80</b>	<b>03:58:24.90</b>	+01:49:22 (45.9%)	9:54	6.1 (54.5%)
101	<b>MATRACKI Sebastian</b>	<b>292</b>	BBL OSTROWIEC	M-OPEN	78		02:18:56		<b>03:59:03.35</b>	<b>03:59:29.10</b>	+01:50:27 (46.1%)	9:57	6 (53.6%)
102	<b>DĄBROWSKI Łukasz</b>	<b>378</b>	OSTROBIEC	M-OPEN	79		02:29:13		<b>03:59:17.30</b>	<b>03:59:29.30</b>	+01:50:27 (46.1%)	9:58	6 (53.6%)
103	<b>PULSAKOWSKA Barbara</b>	<b>377</b>	OSTROBIEC	K-OPEN	21		02:29:16		<b>03:59:16.20</b>	<b>03:59:29.45</b>	+01:50:27 (46.1%)	9:58	6 (53.6%)
104	<b>POWAŁKA Piotr</b>	<b>310</b>		M-OPEN	80		02:14:54		<b>03:59:36.60</b>	<b>03:59:42.05</b>	+01:50:39 (46.2%)	9:59	6 (53.6%)
105	<b>KOWALCZYK Anna</b>	<b>271</b>	DOGOŃ GRODZISK MAZOWIECKI	K-OPEN	22		02:31:02		<b>03:59:31.00</b>	<b>03:59:54.75</b>	+01:50:52 (46.2%)	9:58	6 (53.6%)
105	<b>BUDNY Aleksandra</b>	<b>381</b>	KRASNIK BIEGA	K-OPEN	22		02:31:16		<b>03:59:36.65</b>	<b>03:59:54.75</b>	+01:50:52 (46.2%)	9:59	6 (53.6%)
107	<b>WIUŃSKA-ZYWERT Agnieszka</b>	<b>382</b>		K-OPEN	24		02:28:11		<b>03:59:25.85</b>	<b>03:59:58.25</b>	+01:50:56 (46.2%)	9:58	6 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 24km	brutto 24km			
108	<b>WRONA Sylwester</b>	<b>368</b>		M-OPEN	81		02:27:06		<b>04:00:02.10</b>	<b>04:00:17.45</b>	+01:51:15 (46.3%)	10:00	6 (53.6%)
109	<b>GRZESIK Michał</b>	<b>240</b>		M-OPEN	82		02:27:14		<b>04:00:15.15</b>	<b>04:00:33.25</b>	+01:51:31 (46.4%)	10:00	6 (53.6%)
110	<b>BAZYDŁO Marcelina</b>	<b>387</b>		K-OPEN	25		02:31:56		<b>04:00:29.50</b>	<b>04:00:43.20</b>	+01:51:41 (46.4%)	10:01	6 (53.6%)
111	<b>TOCZEWSKA Anna</b>	<b>340</b>	JACEKBIEGA RUNNING TEAM	K-OPEN	26		02:27:53		<b>04:00:38.15</b>	<b>04:00:50.45</b>	+01:51:48 (46.4%)	10:01	6 (53.6%)
112	<b>RUSSI Frank</b>	<b>318</b>	TEAM CONSAIR	M-OPEN	83		02:42:50		<b>04:00:57.50</b>	<b>04:01:20.95</b>	+01:52:18 (46.5%)	10:02	6 (53.6%)
113	<b>ADAMCZYK Bartosz</b>	<b>201</b>		M-OPEN	84		02:42:49		<b>04:00:54.25</b>	<b>04:01:24.25</b>	+01:52:22 (46.5%)	10:02	6 (53.6%)
114	<b>ROZMUS Marzena</b>	<b>317</b>	FRELKI LOTAJOM	K-OPEN	27		02:32:03		<b>04:02:21.95</b>	<b>04:02:47.45</b>	+01:53:45 (46.9%)	10:05	5.9 (52.7%)
115	<b>BĘBEN Robert</b>	<b>208</b>	OSTROBIEC	M-OPEN	85		02:34:39		<b>04:02:55.85</b>	<b>04:03:15.15</b>	+01:54:13 (47.0%)	10:07	5.9 (52.7%)
116	<b>SŁOWIK Justyna</b>	<b>327</b>	OSTROBIEC	K-OPEN	28		02:34:43		<b>04:02:55.95</b>	<b>04:03:15.25</b>	+01:54:13 (47.0%)	10:07	5.9 (52.7%)
117	<b>KOWAL Piotr</b>	<b>270</b>	KOWAX	M-OPEN	86		02:27:29		<b>04:03:00.50</b>	<b>04:03:17.45</b>	+01:54:15 (47.0%)	10:07	5.9 (52.7%)
118	<b>HEJMEJ Kamila</b>	<b>245</b>		K-OPEN	29		02:31:52		<b>04:03:13.55</b>	<b>04:03:26.65</b>	+01:54:24 (47.0%)	10:08	5.9 (52.7%)
119	<b>KONS Katarzyna</b>	<b>266</b>		K-OPEN	30		02:37:31		<b>04:06:18.85</b>	<b>04:06:28.95</b>	+01:57:26 (47.6%)	10:15	5.8 (51.8%)
120	<b>KOEHLER Ola</b>	<b>263</b>		K-OPEN	31		02:21:00		<b>04:07:04.60</b>	<b>04:07:08.95</b>	+01:58:06 (47.8%)	10:17	5.8 (51.8%)
121	<b>KOEHLER Krzysztof</b>	<b>264</b>	KD ŻUKI	M-OPEN	87		02:16:23		<b>04:07:03.00</b>	<b>04:07:12.15</b>	+01:58:10 (47.8%)	10:17	5.8 (51.8%)
122	<b>KOPACKA Edyta</b>	<b>267</b>	KB SOBÓTKA	K-OPEN	32		02:35:55		<b>04:07:04.00</b>	<b>04:07:21.95</b>	+01:58:19 (47.8%)	10:17	5.8 (51.8%)
123	<b>SKRZYPEK Patrycja</b>	<b>326</b>		K-OPEN	33		02:33:30		<b>04:09:33.15</b>	<b>04:09:45.00</b>	+02:00:42 (48.3%)	10:23	5.8 (51.8%)
124	<b>DOBIES Agnieszka</b>	<b>220</b>	STAY INSANE	K-OPEN	34		02:37:03		<b>04:09:46.40</b>	<b>04:10:02.40</b>	+02:01:00 (48.4%)	10:24	5.8 (51.8%)
125	<b>SZCZEPANEK Monika</b>	<b>334</b>		K-OPEN	35		02:36:20		<b>04:09:55.50</b>	<b>04:10:11.00</b>	+02:01:08 (48.4%)	10:24	5.8 (51.8%)
126	<b>PRZYBYLSKI Michał</b>	<b>311</b>	TRANSPOREON RUNNING TEAM	M-OPEN	88		02:27:19		<b>04:09:48.80</b>	<b>04:10:12.25</b>	+02:01:10 (48.4%)	10:24	5.8 (51.8%)
127	<b>ZARĘBA Andrzej</b>	<b>371</b>	LIUGONG DRESSTA MACHINERY ACTIVE TEAM	M-OPEN	89		02:26:23		<b>04:09:49.70</b>	<b>04:10:12.85</b>	+02:01:10 (48.4%)	10:24	5.8 (51.8%)
128	<b>CHWIŃSKA Joanna</b>	<b>385</b>		K-OPEN	36		02:31:47		<b>04:07:24.80</b>	<b>04:10:27.80</b>	+02:01:25 (48.5%)	10:18	5.8 (51.8%)
129	<b>FITT Konrad</b>	<b>228</b>		M-OPEN	90		02:27:32		<b>04:10:46.65</b>	<b>04:11:16.00</b>	+02:02:13 (48.6%)	10:26	5.7 (50.9%)
130	<b>WŁODARSKI Piotrek</b>	<b>358</b>		M-OPEN	91		02:30:11		<b>04:11:12.05</b>	<b>04:11:33.05</b>	+02:02:30 (48.7%)	10:28	5.7 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
									netto 24km	brutto 24km			
131	<b>KRAVETS Anastasiia</b>	<b>272</b>	TRANSPOREON	K-OPEN	37		02:40:01		<b>04:11:24.20</b>	<b>04:12:23.20</b>	+02:03:21 (48.9%)	10:28	5.7 (50.9%)
132	<b>TUCHOLKA Marta</b>	<b>379</b>	ZUK	K-OPEN	38		02:34:51		<b>04:12:57.75</b>	<b>04:13:12.95</b>	+02:04:10 (49.0%)	10:32	5.7 (50.9%)
133	<b>KITOWSKA Anna</b>	<b>259</b>		K-OPEN	39		02:35:51		<b>04:13:20.20</b>	<b>04:13:26.95</b>	+02:04:24 (49.1%)	10:33	5.7 (50.9%)
134	<b>TUSIŃSKI Seweryn</b>	<b>344</b>	OSTROBIEC	M-OPEN	92		02:34:59		<b>04:15:12.30</b>	<b>04:15:28.50</b>	+02:06:26 (49.5%)	10:38	5.6 (50.0%)
135	<b>HRYSZCZYSZYN Marcin</b>	<b>247</b>		M-OPEN	93		02:37:16		<b>04:17:20.05</b>	<b>04:17:39.25</b>	+02:08:37 (49.9%)	10:43	5.6 (50.0%)
136	<b>WĄSOWSKA Jagoda</b>	<b>348</b>	KS PEGAZ PIASECZNO	K-OPEN	40		02:44:24		<b>04:18:21.60</b>	<b>04:18:57.10</b>	+02:09:55 (50.2%)	10:45	5.6 (50.0%)
137	<b>ABRAMIUK Michał</b>	<b>200</b>		M-OPEN	94		02:40:37		<b>04:21:22.35</b>	<b>04:21:51.00</b>	+02:12:48 (50.7%)	10:53	5.5 (49.1%)
138	<b>WEGNER Jacek</b>	<b>349</b>	DECATHLON RYBNIK	M-OPEN	95		02:28:52		<b>04:22:33.35</b>	<b>04:23:01.80</b>	+02:13:59 (50.9%)	10:56	5.5 (49.1%)
139	<b>MILKOWSKA Justyna</b>	<b>297</b>	DECATHLON & PRZYJACIELE	K-OPEN	41		02:52:28		<b>04:28:56.45</b>	<b>04:29:17.50</b>	+02:20:15 (52.1%)	11:12	5.4 (48.2%)
140	<b>KORNIŁOW Piotr</b>	<b>268</b>		M-OPEN	96		02:54:02		<b>04:30:05.85</b>	<b>04:30:39.60</b>	+02:21:37 (52.3%)	11:15	5.3 (47.3%)
141	<b>CENDRZAK Katarzyna</b>	<b>216</b>		K-OPEN	42		02:50:44		<b>04:31:17.55</b>	<b>04:32:16.90</b>	+02:23:14 (52.6%)	11:18	5.3 (47.3%)
142	<b>KITOWSKI Bartosz</b>	<b>260</b>	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	M-OPEN	97		02:32:10		<b>04:34:12.80</b>	<b>04:34:20.15</b>	+02:25:18 (53.0%)	11:25	5.3 (47.3%)
143	<b>RELUGA Dariusz</b>	<b>316</b>		M-OPEN	98		02:32:52		<b>04:33:55.30</b>	<b>04:34:33.25</b>	+02:25:31 (53.0%)	11:24	5.3 (47.3%)
144	<b>JAWOROWICZ Dobrochna</b>	<b>252</b>	KS PEGAZ	K-OPEN	43		02:46:28		<b>04:34:31.30</b>	<b>04:35:06.45</b>	+02:26:04 (53.1%)	11:26	5.2 (46.4%)
145	<b>ŻAK Oliwia</b>	<b>375</b>	PIASECZNO RUNNING	K-OPEN	44		02:45:44		<b>04:37:41.20</b>	<b>04:38:17.25</b>	+02:29:15 (53.6%)	11:34	5.2 (46.4%)
146	<b>JAROSZ-PIWONSKA Aldona</b>	<b>250</b>		K-OPEN	45		02:45:56		<b>04:37:40.10</b>	<b>04:38:19.25</b>	+02:29:17 (53.6%)	11:34	5.2 (46.4%)
147	<b>MICHALIK Justyna</b>	<b>294</b>	ZABIERZOW BIEGA	K-OPEN	46		02:51:26		<b>04:38:27.25</b>	<b>04:38:55.10</b>	+02:29:53 (53.7%)	11:36	5.2 (46.4%)
148	<b>DOBIJA Ania</b>	<b>221</b>		K-OPEN	47		02:51:36		<b>04:38:26.80</b>	<b>04:38:55.15</b>	+02:29:53 (53.7%)	11:36	5.2 (46.4%)
149	<b>KULA Piotr</b>	<b>276</b>	ZDEZORIENTOWANI	M-OPEN	99		02:35:54		<b>04:40:24.15</b>	<b>04:40:35.75</b>	+02:31:33 (54.0%)	11:41	5.1 (45.5%)
150	<b>DZIK Piotr</b>	<b>226</b>		M-OPEN	100		02:43:26		<b>04:44:29.10</b>	<b>04:44:29.10</b>	+02:35:27 (54.6%)	11:51	5.1 (45.5%)
151	<b>WYDRO Rafał</b>	<b>369</b>	FIN&RUN	M-OPEN	101		03:13:34		<b>04:44:41.65</b>	<b>04:44:41.65</b>	+02:35:39 (54.7%)	11:51	5.1 (45.5%)
152	<b>MACHTAŁOWICZ Beata</b>	<b>284</b>		K-OPEN	48		02:54:56		<b>04:46:03.85</b>	<b>04:46:30.10</b>	+02:37:28 (55.0%)	11:55	5 (44.6%)
153	<b>MAŁGORZATA Modelska</b>	<b>288</b>	TERAPIA RUCHEM	K-OPEN	49		02:55:27		<b>04:46:20.00</b>	<b>04:46:31.15</b>	+02:37:29 (55.0%)	11:55	5 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja mieszkańców gminy	Lubań 14km	Kara/ bonifikata	Czas netto 24km	Czas brutto 24km	Różn	Tempo min/km	Tempo km/h
154	<b>GRZEŚKOWIAK Agnieszka</b>	<b>242</b>	BOROWINY BIEGAJO	K-OPEN	50		02:49:19		<b>04:47:18.85</b>	<b>04:47:45.35</b>	+02:38:43 (55.2%)	11:58	5 (44.6%)
155	<b>GRZEŚKOWIAK Marek</b>	<b>241</b>	BOROWINY BIEGAJO	M-OPEN	102		02:49:25		<b>04:47:19.40</b>	<b>04:47:45.40</b>	+02:38:43 (55.2%)	11:58	5 (44.6%)
156	<b>TYMBOROWSKA - WIEDRO Małgorzata</b>	<b>345</b>	BIEGNĘ ,ŻEBY BARTEK MÓGŁ BIEGAĆ/ WKURW_TEAM	K-OPEN	51		03:00:00		<b>04:47:56.95</b>	<b>04:48:05.15</b>	+02:39:03 (55.2%)	11:59	5 (44.6%)
157	<b>MIĘTKA Krzysztof</b>	<b>296</b>		M-OPEN	103		02:46:55		<b>04:49:25.95</b>	<b>04:49:30.45</b>	+02:40:28 (55.4%)	12:03	5 (44.6%)
158	<b>FOTYGA Agnieszka</b>	<b>230</b>	OSTROBIEC	K-OPEN	52		03:07:08		<b>04:50:09.10</b>	<b>04:50:17.60</b>	+02:41:15 (55.6%)	12:05	5 (44.6%)
159	<b>MARYNIAK Katarzyna</b>	<b>290</b>	WYBIEGAJ SIEBIE	K-OPEN	53		03:03:50		<b>04:55:16.35</b>	<b>04:55:36.95</b>	+02:46:34 (56.4%)	12:18	4.9 (43.8%)
160	<b>BRAŃKA Paweł</b>	<b>213</b>		M-OPEN	104		03:06:51		<b>05:00:51.30</b>	<b>05:01:22.10</b>	+02:52:20 (57.2%)	12:32	4.8 (42.9%)
161	<b>DOBOSZ Damian</b>	<b>222</b>		M-OPEN	105		02:51:34		<b>05:03:02.50</b>	<b>05:03:17.15</b>	+02:54:15 (57.5%)	12:37	4.8 (42.9%)
162	<b>SZPAKOWSKI Andrzej</b>	<b>337</b>	FUN&RUN	M-OPEN	106		03:13:40		<b>05:04:03.65</b>	<b>05:04:03.65</b>	+02:55:01 (57.6%)	12:40	4.7 (42.0%)
163	<b>RADWAN Jakub</b>	<b>313</b>		M-OPEN	107		02:52:37		<b>05:13:39.05</b>	<b>05:14:05.40</b>	+03:05:03 (58.9%)	13:04	4.6 (41.1%)
164	<b>RADWAN Olimpia</b>	<b>312</b>		K-OPEN	54		02:52:47		<b>05:13:41.30</b>	<b>05:14:06.75</b>	+03:05:04 (58.9%)	13:04	4.6 (41.1%)
165	<b>GERLE-KOTULA Anna</b>	<b>235</b>		K-OPEN	55		03:14:22		<b>05:15:41.15</b>	<b>05:15:51.00</b>	+03:06:48 (59.1%)	13:09	4.6 (41.1%)
166	<b>KOTULA Jakub</b>	<b>269</b>		M-OPEN	108		03:14:05		<b>05:15:41.15</b>	<b>05:15:51.35</b>	+03:06:49 (59.1%)	13:09	4.6 (41.1%)
167	<b>JANICKA Katarzyna</b>	<b>249</b>		K-OPEN	56		03:25:42		<b>05:34:07.25</b>	<b>05:34:28.95</b>	+03:25:26 (61.4%)	13:55	4.3 (38.4%)
168	<b>RATAJCZAK Anna</b>	<b>315</b>	HERNIK TEAM	K-OPEN	57		03:49:28		<b>05:59:04.50</b>	<b>05:59:35.05</b>	+03:50:32 (64.1%)	14:57	4 (35.7%)

Znaleziono 168 wynik(ów)