



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

Gorce Ultra Trail - Winter  
Fundacja Run Vegan  
2020-02-22  
Ochotnica Górna  
42 km

## GUT WINTER 42

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                     | Numer      | Klub                    | Kategoria | Mkat | Klasyfikacja<br>mieszkańców<br>gminy | Wdżar<br>20km | Lubań<br>24km | Ochotnica<br>30km | Kara/<br>bonifikata | Czas<br>netto<br>42km | Czas<br>brutto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|-------------------------|-----------|------|--------------------------------------|---------------|---------------|-------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | <b>KOT Rafał</b>             | <b>45</b>  | MUAY RUNNING CLUB       | M-OPEN    | 1    |                                      | 02:18:56      | 02:42:01      | 03:13:31          |                     | <b>04:45:34.90</b>    | <b>04:45:37.20</b>     |                      | 6:47            | 8.8<br>(100%)  |
| 2   | <b>DYBEK Paweł</b>           | <b>113</b> |                         | M-OPEN    | 2    |                                      | 02:19:05      | 02:42:41      | 03:15:17          |                     | <b>04:49:09.45</b>    | <b>04:49:11.75</b>     | +00:03:34<br>(1.2%)  | 6:53            | 8.7<br>(98.9%) |
| 3   | <b>GÓRSKI Zygmunt</b>        | <b>24</b>  | WICHRY BESKIDU          | M-OPEN    | 3    |                                      | 02:18:52      | 02:45:41      | 03:20:57          |                     | <b>04:55:55.60</b>    | <b>04:55:57.30</b>     | +00:10:20<br>(3.5%)  | 7:02            | 8.5<br>(96.6%) |
| 4   | <b>KUPCZAK Mariusz</b>       | <b>51</b>  | MPK WROCŁAW             | M-OPEN    | 4    |                                      | 02:19:16      | 02:49:40      | 03:22:51          |                     | <b>04:59:53.30</b>    | <b>04:59:54.65</b>     | +00:14:17<br>(4.8%)  | 7:08            | 8.4<br>(95.5%) |
| 5   | <b>KAPAON Aleksander</b>     | <b>39</b>  | CAZZO CLUB RUNNING TEAM | M-OPEN    | 5    |                                      | 02:18:46      | 02:45:28      | 03:19:33          |                     | <b>04:59:51.35</b>    | <b>04:59:54.70</b>     | +00:14:17<br>(4.8%)  | 7:08            | 8.4<br>(95.5%) |
| 6   | <b>WOJNAROWSKI Piotr</b>     | <b>109</b> |                         | M-OPEN    | 6    |                                      | 02:18:43      | 02:44:50      | 03:19:44          |                     | <b>05:04:13.30</b>    | <b>05:04:15.35</b>     | +00:18:38<br>(6.1%)  | 7:14            | 8.3<br>(94.3%) |
| 7   | <b>SZCZEPANIAK Witold</b>    | <b>93</b>  |                         | M-OPEN    | 7    |                                      | 02:20:00      | 02:51:31      | 03:24:44          |                     | <b>05:05:46.05</b>    | <b>05:05:50.65</b>     | +00:20:13<br>(6.6%)  | 7:16            | 8.2<br>(93.2%) |
| 8   | <b>PERYKASZA Paweł</b>       | <b>72</b>  | GRUPALUKTRANS.PL        | M-OPEN    | 8    |                                      | 02:20:19      | 02:59:24      | 03:32:35          |                     | <b>05:07:56.85</b>    | <b>05:08:00.55</b>     | +00:22:23<br>(7.3%)  | 7:19            | 8.2<br>(93.2%) |
| 9   | <b>JACHYMIAK Robert</b>      | <b>32</b>  |                         | M-OPEN    | 9    |                                      | 02:19:22      | 02:49:37      | 03:25:11          |                     | <b>05:11:55.30</b>    | <b>05:11:56.85</b>     | +00:26:19<br>(8.4%)  | 7:25            | 8.1<br>(92.0%) |
| 10  | <b>KAPAON Andrzej</b>        | <b>38</b>  | CAZZO CLUB RUNNING TEAM | M-OPEN    | 10   |                                      | 02:19:09      | 02:48:21      | 03:24:29          |                     | <b>05:13:05.85</b>    | <b>05:13:09.20</b>     | +00:27:32<br>(8.8%)  | 7:27            | 8<br>(90.9%)   |
| 11  | <b>CHODAKOWSKI Rafał</b>     | <b>11</b>  | OSTROBIEC               | M-OPEN    | 11   |                                      | 02:19:30      | 02:56:02      | 03:35:54          |                     | <b>05:18:21.55</b>    | <b>05:18:24.20</b>     | +00:32:47<br>(10.3%) | 7:34            | 7.9<br>(89.8%) |
| 12  | <b>LACHOR Krzysztof</b>      | <b>53</b>  | NA ŚWIEŻOŚCI            | M-OPEN    | 12   |                                      | 02:19:37      | 02:57:50      | 03:33:13          |                     | <b>05:19:04.00</b>    | <b>05:19:09.35</b>     | +00:33:32<br>(10.5%) | 7:35            | 7.9<br>(89.8%) |
| 13  | <b>PLUTA Daniel</b>          | <b>74</b>  | TEAM PLUTT              | M-OPEN    | 13   |                                      | 02:20:08      | 02:59:03      | 03:39:03          |                     | <b>05:24:47.50</b>    | <b>05:24:50.15</b>     | +00:39:12<br>(12.1%) | 7:44            | 7.8<br>(88.6%) |
| 14  | <b>MIEDZIEJEWSKI Andrzej</b> | <b>68</b>  | RATE MY TRAIL TEAM      | M-OPEN    | 14   |                                      | 02:20:37      | 02:59:52      | 03:43:13          |                     | <b>05:29:54.10</b>    | <b>05:29:56.10</b>     | +00:44:18<br>(13.4%) | 7:51            | 7.6<br>(86.4%) |
| 15  | <b>STĘPNIK Paweł</b>         | <b>91</b>  | ŚMIGA SIĘ               | M-OPEN    | 15   |                                      | 02:20:53      | 03:10:35      | 03:46:38          |                     | <b>05:31:50.75</b>    | <b>05:31:54.70</b>     | +00:46:17<br>(13.9%) | 7:54            | 7.6<br>(86.4%) |
| 16  | <b>PRZYPOLSKI Paweł</b>      | <b>79</b>  | IM-POSSIBLE TEAM        | M-OPEN    | 16   |                                      | 02:20:42      | 03:03:14      | 03:48:06          |                     | <b>05:33:44.65</b>    | <b>05:33:49.40</b>     | +00:48:12<br>(14.4%) | 7:56            | 7.6<br>(86.4%) |

| Msc | Zawodnik                     | Numer      | Klub                         | Kategoria | Mkat | Klasyfikacja mieszkańców |               |                   | Kara/<br>bonifikata | Czas netto<br>42km | Czas brutto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|------------|------------------------------|-----------|------|--------------------------|---------------|-------------------|---------------------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                              |            |                              |           |      | Wdżar<br>20km            | Lubań<br>24km | Ochotnica<br>30km |                     |                    |                     |                      |                 |                |
| 17  | <b>SZELAĞ Sławomir</b>       | <b>94</b>  | LISY PUSTYNI                 | M-OPEN    | 17   | 02:20:45                 | 03:04:39      | 03:44:17          |                     | <b>05:35:02.80</b> | <b>05:35:07.10</b>  | +00:49:29<br>(14.8%) | 7:58            | 7.5<br>(85.2%) |
| 18  | <b>BARANOWSKI Jacek</b>      | <b>4</b>   | JACEKBIEGA RUNNING TEAM      | M-OPEN    | 18   | 02:22:18                 | 03:12:57      | 03:50:44          |                     | <b>05:36:19.65</b> | <b>05:36:29.45</b>  | +00:50:52<br>(15.1%) | 8:00            | 7.5<br>(85.2%) |
| 19  | <b>STARZAK Paweł</b>         | <b>90</b>  | OSPAAŁE MISIE                | M-OPEN    | 19   | 02:21:56                 | 03:10:49      | 03:50:47          |                     | <b>05:43:14.60</b> | <b>05:43:19.65</b>  | +00:57:42<br>(16.8%) | 8:10            | 7.3<br>(83.0%) |
| 20  | <b>MAKOWSKA Olga</b>         | <b>59</b>  | JACEKBIEGA RUNNING TEAM      | K-OPEN    | 1    | 02:23:27                 | 03:15:08      | 03:55:49          |                     | <b>05:48:08.70</b> | <b>05:48:14.65</b>  | +01:02:37<br>(18.0%) | 8:17            | 7.2<br>(81.8%) |
| 21  | <b>GAJOS Daniel</b>          | <b>15</b>  | GRUPALUKTRANS                | M-OPEN    | 20   | 02:27:23                 | 03:18:42      | 04:03:13          |                     | <b>05:49:44.65</b> | <b>05:49:48.80</b>  | +01:04:11<br>(18.4%) | 8:19            | 7.2<br>(81.8%) |
| 22  | <b>GURGUL Wojciech</b>       | <b>27</b>  |                              | M-OPEN    | 21   | 02:20:40                 | 03:10:56      | 03:51:34          |                     | <b>05:51:03.20</b> | <b>05:51:06.55</b>  | +01:05:29<br>(18.7%) | 8:21            | 7.2<br>(81.8%) |
| 23  | <b>LATOS Marcin</b>          | <b>55</b>  | EUROCLEAR RUNNING TEAM       | M-OPEN    | 22   | 02:23:02                 | 03:18:07      | 03:59:21          |                     | <b>05:55:26.25</b> | <b>05:55:31.20</b>  | +01:09:54<br>(19.7%) | 8:27            | 7.1<br>(80.7%) |
| 24  | <b>MAZUREK Dariusz</b>       | <b>66</b>  | RZESZOWSKIE GAZELE I GEPARDY | M-OPEN    | 23   | 02:30:01                 | 03:27:04      | 04:06:15          |                     | <b>05:57:03.50</b> | <b>05:57:09.55</b>  | +01:11:32<br>(20.0%) | 8:30            | 7.1<br>(80.7%) |
| 25  | <b>POMAGRUK Piotr</b>        | <b>77</b>  | DZIKI ZE ŚLICHOWIC           | M-OPEN    | 24   | 02:30:30                 | 03:26:00      | 04:05:12          |                     | <b>05:58:58.35</b> | <b>05:59:02.85</b>  | +01:13:25<br>(20.5%) | 8:32            | 7<br>(79.5%)   |
| 26  | <b>SMOGOROWSKI Łukasz</b>    | <b>86</b>  | VEGE RUNNERS                 | M-OPEN    | 25   | 02:20:52                 | 03:14:20      | 04:00:24          |                     | <b>05:59:15.95</b> | <b>05:59:27.90</b>  | +01:13:50<br>(20.5%) | 8:33            | 7<br>(79.5%)   |
| 27  | <b>CHOWANIEC Sebastian</b>   | <b>13</b>  | DOGOŃ GRODZISK MAZOWIECKI    | M-OPEN    | 26   | 02:21:01                 | 03:07:22      | 03:58:37          |                     | <b>05:59:51.60</b> | <b>05:59:57.25</b>  | +01:14:20<br>(20.7%) | 8:34            | 7<br>(79.5%)   |
| 28  | <b>WOSIEK Paweł</b>          | <b>99</b>  | OSTROBIEC                    | M-OPEN    | 27   | 02:30:25                 | 03:29:46      | 04:08:38          |                     | <b>06:01:13.25</b> | <b>06:01:17.65</b>  | +01:15:40<br>(20.9%) | 8:36            | 7<br>(79.5%)   |
| 29  | <b>URBANEK Patryk</b>        | <b>97</b>  | STUDIO GTS                   | M-OPEN    | 28   | 02:21:08                 | 03:19:18      | 04:04:15          |                     | <b>06:01:50.20</b> | <b>06:01:54.90</b>  | +01:16:17<br>(21.1%) | 8:36            | 7<br>(79.5%)   |
| 30  | <b>LEŚNIAK Anna</b>          | <b>56</b>  | SALT RUNNERS BOCHNIA         | K-OPEN    | 2    | 02:30:58                 | 03:30:08      | 04:09:33          |                     | <b>06:02:24.20</b> | <b>06:02:29.25</b>  | +01:16:52<br>(21.2%) | 8:37            | 7<br>(79.5%)   |
| 31  | <b>STANKIEWICZ Tomasz</b>    | <b>89</b>  |                              | M-OPEN    | 29   | 02:30:49                 | 03:29:37      | 04:09:23          |                     | <b>06:02:10.05</b> | <b>06:02:29.60</b>  | +01:16:52<br>(21.2%) | 8:37            | 7<br>(79.5%)   |
| 32  | <b>URYGA Jakub</b>           | <b>98</b>  | DEUTSCHE BANK MARATHON TEAM  | M-OPEN    | 30   | 02:31:11                 | 03:26:33      | 04:06:42          |                     | <b>06:03:18.80</b> | <b>06:03:29.95</b>  | +01:17:52<br>(21.4%) | 8:39            | 6.9<br>(78.4%) |
| 33  | <b>MEISSNER Tomasz</b>       | <b>111</b> | NIE ŚPIĘ BO KRĘCĘ            | M-OPEN    | 31   | 02:29:00                 | 03:27:47      | 04:06:38          |                     | <b>06:05:36.20</b> | <b>06:05:54.85</b>  | +01:20:17<br>(21.9%) | 8:42            | 6.9<br>(78.4%) |
| 34  | <b>ARCHAMOWICZ Krzysztof</b> | <b>2</b>   | OSPAAŁE MISIE                | M-OPEN    | 32   | 02:25:14                 | 03:22:19      | 04:05:26          |                     | <b>06:06:10.00</b> | <b>06:06:15.65</b>  | +01:20:38<br>(22.0%) | 8:43            | 6.9<br>(78.4%) |
| 35  | <b>JACHYMEK Bartłomiej</b>   | <b>31</b>  | JACEKBIEGA RUNNING TEAM      | M-OPEN    | 33   | 02:35:37                 | 03:30:39      | 04:12:44          |                     | <b>06:09:55.80</b> | <b>06:10:06.25</b>  | +01:24:29<br>(22.8%) | 8:48            | 6.8<br>(77.3%) |
| 36  | <b>JAWOROWICZ Tomasz</b>     | <b>34</b>  | KS PEGAZ                     | M-OPEN    | 34   | 02:32:13                 | 03:27:54      | 04:11:22          |                     | <b>06:10:15.90</b> | <b>06:10:22.35</b>  | +01:24:45<br>(22.9%) | 8:48            | 6.8<br>(77.3%) |
| 37  | <b>PRZEPIÓRKA Barbara</b>    | <b>78</b>  | NAPRZÓD MŁOCINY              | K-OPEN    | 3    | 02:38:44                 | 03:32:30      | 04:14:48          |                     | <b>06:11:09.85</b> | <b>06:11:14.65</b>  | +01:25:37<br>(23.1%) | 8:50            | 6.8<br>(77.3%) |
| 38  | <b>LADRA Ryszard</b>         | <b>54</b>  | BIEGOWY_BANDYTA              | M-OPEN    | 35   | 02:35:00                 | 03:30:38      | 04:11:26          |                     | <b>06:11:42.15</b> | <b>06:12:01.25</b>  | +01:26:24<br>(23.2%) | 8:51            | 6.8<br>(77.3%) |
| 39  | <b>ZAJĄC Łukasz</b>          | <b>105</b> | KOMPARIO TEAM                | M-OPEN    | 36   | 03:00:44                 | 04:14:15      |                   |                     | <b>06:14:20.15</b> | <b>06:14:23.05</b>  | +01:28:45<br>(23.7%) | 8:54            | 6.7<br>(76.1%) |
| 40  | <b>KIERNICKI Łukasz</b>      | <b>42</b>  | FUN&RUN                      | M-OPEN    | 37   | 02:30:18                 | 03:29:39      | 04:14:12          |                     | <b>06:17:50.45</b> | <b>06:17:53.50</b>  | +01:32:16<br>(24.4%) | 8:59            | 6.7<br>(76.1%) |
| 41  | <b>RADZIK Robert</b>         | <b>80</b>  | GORLICKA GRUPA BIEGOWA       | M-OPEN    | 38   | 02:34:47                 | 03:31:48      | 04:19:02          |                     | <b>06:18:46.00</b> | <b>06:18:51.75</b>  | +01:33:14<br>(24.6%) | 9:01            | 6.7<br>(76.1%) |

| Msc | Zawodnik                   | Numer      | Klub                               | Kategoria | Mkat | Klasyfikacja mieszkańców |               |                   | Kara/<br>bonifikata | Czas netto<br>42km | Czas brutto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|------------------------------------|-----------|------|--------------------------|---------------|-------------------|---------------------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                            |            |                                    |           |      | Wdżar<br>20km            | Lubań<br>24km | Ochotnica<br>30km |                     |                    |                     |                      |                 |                |
| 42  | <b>MARCZEWSKI Bartosz</b>  | <b>63</b>  |                                    | M-OPEN    | 39   |                          |               |                   |                     | <b>06:25:24.50</b> | <b>06:25:32.60</b>  | +01:39:55<br>(25.9%) | 9:10            | 6.5<br>(73.9%) |
| 43  | <b>PŁOSKONKA Jakub</b>     | <b>75</b>  |                                    | M-OPEN    | 40   |                          |               |                   |                     | <b>06:28:36.30</b> | <b>06:28:47.90</b>  | +01:43:10<br>(26.5%) | 9:15            | 6.5<br>(73.9%) |
| 44  | <b>SOKALSKI Grzegorz</b>   | <b>87</b>  | MOCNO W PRAWO                      | M-OPEN    | 41   |                          |               |                   |                     | <b>06:29:19.55</b> | <b>06:29:27.05</b>  | +01:43:49<br>(26.7%) | 9:16            | 6.5<br>(73.9%) |
| 45  | <b>IWANOWICZ Anna</b>      | <b>30</b>  |                                    | K-OPEN    | 4    |                          |               |                   |                     | <b>06:31:59.60</b> | <b>06:32:08.75</b>  | +01:46:31<br>(27.2%) | 9:19            | 6.4<br>(72.7%) |
| 46  | <b>CHOLEWA Tomasz</b>      | <b>12</b>  |                                    | M-OPEN    | 42   |                          |               |                   |                     | <b>06:32:02.50</b> | <b>06:32:11.70</b>  | +01:46:34<br>(27.2%) | 9:20            | 6.4<br>(72.7%) |
| 47  | <b>MARZAŁKOWSKI Łukasz</b> | <b>65</b>  | GET ACTIVE                         | M-OPEN    | 43   |                          |               |                   |                     | <b>06:41:16.60</b> | <b>06:41:31.40</b>  | +01:55:54<br>(28.9%) | 9:33            | 6.3<br>(71.6%) |
| 48  | <b>BOROWICZ Monika</b>     | <b>7</b>   | CKS CZĘSTOCHOWA/ ZABIEGANI         | K-OPEN    | 5    |                          |               |                   |                     | <b>06:43:20.15</b> | <b>06:43:27.65</b>  | +01:57:50<br>(29.2%) | 9:36            | 6.2<br>(70.5%) |
| 49  | <b>NOWACKI Paweł</b>       | <b>70</b>  |                                    | M-OPEN    | 44   |                          |               |                   |                     | <b>06:46:53.65</b> | <b>06:47:02.05</b>  | +02:01:24<br>(29.8%) | 9:41            | 6.2<br>(70.5%) |
| 50  | <b>JUŻECKI Krzysztof</b>   | <b>112</b> |                                    | M-OPEN    | 45   |                          |               |                   |                     | <b>06:47:42.55</b> | <b>06:47:55.65</b>  | +02:02:18<br>(30.0%) | 9:42            | 6.2<br>(70.5%) |
| 51  | <b>SADY Sebastian</b>      | <b>84</b>  | OSTROBIEC                          | M-OPEN    | 46   |                          |               |                   |                     | <b>06:49:52.95</b> | <b>06:50:08.05</b>  | +02:04:30<br>(30.4%) | 9:45            | 6.1<br>(69.3%) |
| 52  | <b>KUBLIN Szymon</b>       | <b>50</b>  |                                    | M-OPEN    | 47   |                          |               |                   |                     | <b>06:51:35.30</b> | <b>06:51:45.95</b>  | +02:06:08<br>(30.6%) | 9:47            | 6.1<br>(69.3%) |
| 53  | <b>NAPIÓRKOWSKA Joanna</b> | <b>69</b>  | TRIPAKA PRZECHEWKO                 | K-OPEN    | 6    |                          |               |                   |                     | <b>06:55:01.10</b> | <b>06:55:19.60</b>  | +02:09:42<br>(31.2%) | 9:52            | 6.1<br>(69.3%) |
| 54  | <b>MALESZKO Bartosz</b>    | <b>60</b>  |                                    | M-OPEN    | 48   |                          |               |                   |                     | <b>06:56:43.00</b> | <b>06:56:54.65</b>  | +02:11:17<br>(31.5%) | 9:55            | 6<br>(68.2%)   |
| 55  | <b>ZABRZEWSKI Patryk</b>   | <b>102</b> | KLUB WYSOKOGÓRSKI JASTRZĘBIE ZDRÓJ | M-OPEN    | 49   |                          |               |                   |                     | <b>06:58:36.20</b> | <b>06:58:47.50</b>  | +02:13:10<br>(31.8%) | 9:58            | 6<br>(68.2%)   |
| 56  | <b>KOZIOŁ Artur</b>        | <b>47</b>  | PORANNY PATROL                     | M-OPEN    | 50   |                          |               |                   |                     | <b>07:01:49.35</b> | <b>07:02:09.10</b>  | +02:16:31<br>(32.3%) | 10:02           | 6<br>(68.2%)   |
| 57  | <b>GAWLE Mirosław</b>      | <b>19</b>  | MARATOŃCZYK DĘBICA                 | M-OPEN    | 51   |                          |               |                   |                     | <b>07:02:44.85</b> | <b>07:02:58.15</b>  | +02:17:20<br>(32.5%) | 10:03           | 6<br>(68.2%)   |
| 58  | <b>BAJERSKI Marcin</b>     | <b>3</b>   | GET ACTIVE                         | M-OPEN    | 52   |                          |               |                   |                     | <b>07:07:35.40</b> | <b>07:07:51.25</b>  | +02:22:14<br>(33.2%) | 10:10           | 5.9<br>(67.0%) |
| 59  | <b>ROJEK Maciej</b>        | <b>82</b>  |                                    | M-OPEN    | 53   |                          |               |                   |                     | <b>07:11:12.50</b> | <b>07:11:20.35</b>  | +02:25:43<br>(33.8%) | 10:16           | 5.8<br>(65.9%) |
| 60  | <b>BOROWIECKI Łukasz</b>   | <b>8</b>   |                                    | M-OPEN    | 54   |                          |               |                   |                     | <b>07:11:25.65</b> | <b>07:11:34.65</b>  | +02:25:57<br>(33.8%) | 10:16           | 5.8<br>(65.9%) |
| 61  | <b>IDZIOR Tomasz</b>       | <b>28</b>  |                                    | M-OPEN    | 55   |                          |               |                   |                     | <b>07:13:32.45</b> | <b>07:13:40.55</b>  | +02:28:03<br>(34.1%) | 10:19           | 5.8<br>(65.9%) |
| 62  | <b>MARGAS Grzegorz</b>     | <b>64</b>  | MEERCATEAM                         | M-OPEN    | 56   |                          |               |                   |                     | <b>07:14:19.00</b> | <b>07:14:47.45</b>  | +02:29:10<br>(34.3%) | 10:20           | 5.8<br>(65.9%) |
| 63  | <b>MAŁKOWSKI Bogdan</b>    | <b>62</b>  | SPARTANIE DZIECIOM                 | M-OPEN    | 57   |                          |               |                   |                     | <b>07:14:59.90</b> | <b>07:15:08.65</b>  | +02:29:31<br>(34.4%) | 10:21           | 5.8<br>(65.9%) |
| 64  | <b>ZAJDEL Arek</b>         | <b>106</b> | AUTO CENTRUM LIS                   | M-OPEN    | 58   |                          |               |                   |                     | <b>07:15:43.40</b> | <b>07:16:10.05</b>  | +02:30:32<br>(34.5%) | 10:22           | 5.8<br>(65.9%) |
| 65  | <b>GRALA Maria</b>         | <b>26</b>  |                                    | K-OPEN    | 7    |                          |               |                   |                     | <b>07:16:59.50</b> | <b>07:17:24.70</b>  | +02:31:47<br>(34.7%) | 10:24           | 5.8<br>(65.9%) |

| Msc | Zawodnik                   | Numer      | Klub                   | Kategoria | Mkat | Klasyfikacja mieszkańców |               |                   | Kara/<br>bonifikata | Czas netto<br>42km | Czas brutto<br>42km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|------------|------------------------|-----------|------|--------------------------|---------------|-------------------|---------------------|--------------------|---------------------|----------------------|-----------------|----------------|
|     |                            |            |                        |           |      | Wdżar<br>20km            | Lubań<br>24km | Ochotnica<br>30km |                     |                    |                     |                      |                 |                |
| 66  | <b>PIĘTA Marlena</b>       | <b>73</b>  | OSTROBIEC              | K-OPEN    | 8    |                          |               |                   |                     | <b>07:17:56.40</b> | <b>07:18:05.85</b>  | +02:32:28<br>(34.8%) | 10:25           | 5.8<br>(65.9%) |
| 67  | <b>GEHRKE Tomasz</b>       | <b>20</b>  | STREFA PŁYWANIA GDYNIA | M-OPEN    | 59   |                          |               |                   |                     | <b>07:23:04.05</b> | <b>07:23:05.90</b>  | +02:37:28<br>(35.5%) | 10:32           | 5.7<br>(64.8%) |
| 68  | <b>JAŻWIŃSKI Krzysztof</b> | <b>35</b>  | ROZBIEGANI ŻYCHLIN     | M-OPEN    | 60   |                          |               |                   |                     | <b>07:25:22.55</b> | <b>07:25:29.30</b>  | +02:39:52<br>(35.9%) | 10:36           | 5.7<br>(64.8%) |
| 69  | <b>MACHTAŁOWICZ Szymon</b> | <b>57</b>  |                        | M-OPEN    | 61   |                          |               |                   |                     | <b>07:25:23.20</b> | <b>07:25:30.05</b>  | +02:39:52<br>(35.9%) | 10:36           | 5.7<br>(64.8%) |
| 70  | <b>GNOT Katarzyna</b>      | <b>22</b>  |                        | K-OPEN    | 9    |                          |               |                   |                     | <b>07:31:03.35</b> | <b>07:31:12.05</b>  | +02:45:34<br>(36.7%) | 10:44           | 5.6<br>(63.6%) |
| 71  | <b>MELSON Maciej</b>       | <b>67</b>  |                        | M-OPEN    | 62   |                          |               |                   |                     | <b>07:30:45.80</b> | <b>07:31:13.55</b>  | +02:45:36<br>(36.7%) | 10:43           | 5.6<br>(63.6%) |
| 72  | <b>ANDRZEJCZYK Adrian</b>  | <b>1</b>   |                        | M-OPEN    | 63   |                          |               |                   | 00:15:00            | <b>07:28:34.00</b> | <b>07:31:20.00</b>  | +02:45:42<br>(36.7%) | 10:19           | 5.8<br>(65.9%) |
| 73  | <b>KOKŁOWSKI Sławomir</b>  | <b>43</b>  |                        | M-OPEN    | 64   |                          |               |                   |                     | <b>07:32:58.55</b> | <b>07:33:04.65</b>  | +02:47:27<br>(37.0%) | 10:47           | 5.6<br>(63.6%) |
| 74  | <b>SZANIAWSKI Marcin</b>   | <b>92</b>  |                        | M-OPEN    | 65   |                          |               |                   |                     | <b>07:34:20.50</b> | <b>07:34:36.85</b>  | +02:48:59<br>(37.2%) | 10:49           | 5.5<br>(62.5%) |
| 75  | <b>ZWAAN Johan</b>         | <b>107</b> |                        | M-OPEN    | 66   |                          |               |                   |                     | <b>07:34:54.85</b> | <b>07:35:12.75</b>  | +02:49:35<br>(37.3%) | 10:49           | 5.5<br>(62.5%) |
| 76  | <b>JÓZEPIAK Marta</b>      | <b>37</b>  |                        | K-OPEN    | 10   |                          |               |                   |                     | <b>07:34:54.85</b> | <b>07:35:12.80</b>  | +02:49:35<br>(37.3%) | 10:49           | 5.5<br>(62.5%) |
| 77  | <b>KAWA Barbara</b>        | <b>41</b>  | MARATOŃCZYK DĘBICA     | K-OPEN    | 11   |                          |               |                   |                     | <b>07:36:33.15</b> | <b>07:36:46.45</b>  | +02:51:09<br>(37.5%) | 10:52           | 5.5<br>(62.5%) |
| 78  | <b>GIBAŁA Marcin</b>       | <b>21</b>  | BIEGAM I POMAGAM       | M-OPEN    | 67   |                          |               |                   |                     | <b>07:37:34.90</b> | <b>07:37:42.70</b>  | +02:52:05<br>(37.6%) | 10:53           | 5.5<br>(62.5%) |
| 79  | <b>WOŹNIAK Gabriela</b>    | <b>100</b> |                        | K-OPEN    | 12   |                          |               |                   |                     | <b>07:38:31.25</b> | <b>07:38:41.70</b>  | +02:53:04<br>(37.7%) | 10:55           | 5.5<br>(62.5%) |
| 80  | <b>MAJDA Maciej</b>        | <b>58</b>  | BIEGOWO TU I TAM       | M-OPEN    | 68   |                          |               |                   |                     | <b>07:40:21.40</b> | <b>07:40:28.10</b>  | +02:54:50<br>(38.0%) | 10:57           | 5.5<br>(62.5%) |
| 81  | <b>ZACZYŃSKA Dagmara</b>   | <b>104</b> |                        | K-OPEN    | 13   |                          |               |                   |                     | <b>07:41:15.55</b> | <b>07:41:25.60</b>  | +02:55:48<br>(38.1%) | 10:58           | 5.5<br>(62.5%) |
| 82  | <b>JÓZEPIAK Jakub</b>      | <b>36</b>  | BOKONONI               | M-OPEN    | 69   |                          |               |                   |                     | <b>07:44:19.35</b> | <b>07:44:39.85</b>  | +02:59:02<br>(38.5%) | 11:03           | 5.4<br>(61.4%) |
| 83  | <b>BIEL Tomasz</b>         | <b>6</b>   |                        | M-OPEN    | 70   |                          |               |                   | 00:15:00            | <b>07:46:00.00</b> | <b>07:46:25.00</b>  | +03:00:47<br>(38.8%) | 10:44           | 5.6<br>(63.6%) |
| 84  | <b>RATAJCZAK Dariusz</b>   | <b>81</b>  | HERNIK TEAM            | M-OPEN    | 71   |                          |               |                   |                     | <b>07:54:53.75</b> | <b>07:55:10.70</b>  | +03:09:33<br>(39.9%) | 11:18           | 5.3<br>(60.2%) |
| 85  | <b>MALUHA Jacek</b>        | <b>61</b>  | OSTROBIEC              | M-OPEN    | 72   |                          |               |                   |                     | <b>07:56:39.25</b> | <b>07:57:05.35</b>  | +03:11:28<br>(40.1%) | 11:20           | 5.3<br>(60.2%) |
| 86  | <b>BENABDELLAH Mouna</b>   | <b>5</b>   | POWER TRAINING         | K-OPEN    | 14   |                          |               |                   |                     | <b>07:56:56.35</b> | <b>07:57:08.30</b>  | +03:11:31<br>(40.1%) | 11:21           | 5.3<br>(60.2%) |
| 87  | <b>PUZIO Waldemar</b>      | <b>110</b> | MARATOŃCZYK DĘBICA     | M-OPEN    | 73   |                          |               |                   |                     | <b>08:08:00.30</b> | <b>08:08:14.50</b>  | +03:22:37<br>(41.5%) | 11:37           | 5.2<br>(59.1%) |
| 88  | <b>GRAJCAR Anna</b>        | <b>25</b>  |                        | K-OPEN    | 15   |                          |               |                   |                     | <b>08:22:49.00</b> | <b>08:23:12.45</b>  | +03:37:35<br>(43.2%) | 11:58           | 5<br>(56.8%)   |
| 89  | <b>ŻUROWSKA Ania</b>       | <b>108</b> | EUROVENT ATHLETIC      | K-OPEN    | 16   |                          |               |                   |                     | <b>08:22:48.95</b> | <b>08:23:12.80</b>  | +03:37:35<br>(43.2%) | 11:58           | 5<br>(56.8%)   |

| Msc | Zawodnik                        | Numer      | Klub                     | Kategoria | Mkat | Klasyfikacja<br>mieszkańców<br>gminy | Wdżar<br>20km | Lubań<br>24km | Ochotnica<br>30km | Kara/<br>bonifikata | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|------------|--------------------------|-----------|------|--------------------------------------|---------------|---------------|-------------------|---------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                 |            |                          |           |      |                                      |               |               |                   |                     | netto<br>42km      | brutto<br>42km     |                      |                 |                |
| 90  | <b>GAPSKI Piotr</b>             | <b>17</b>  |                          | M-OPEN    | 74   |                                      | 03:18:12      | 04:31:37      | 05:34:07          |                     | <b>08:22:49.55</b> | <b>08:23:13.05</b> | +03:37:35<br>(43.2%) | 11:58           | 5<br>(56.8%)   |
| 91  | <b>KOZAKOWSKI Marcin</b>        | <b>46</b>  | MEDICOVER RUNNERS        | M-OPEN    | 75   |                                      | 03:03:47      | 04:17:14      | 05:28:57          |                     | <b>08:27:02.95</b> | <b>08:27:37.45</b> | +03:42:00<br>(43.7%) | 12:04           | 5<br>(56.8%)   |
| 92  | <b>KRÓLICKI Zbigniew</b>        | <b>49</b>  |                          | M-OPEN    | 76   |                                      | 03:19:19      | 04:34:57      | 05:35:41          |                     | <b>08:35:36.65</b> | <b>08:35:59.10</b> | +03:50:21<br>(44.6%) | 12:16           | 4.9<br>(55.7%) |
| 93  | <b>ZACHEJA Jacek</b>            | <b>103</b> |                          | M-OPEN    | 77   |                                      | 03:16:17      | 03:51:44      | 05:38:59          |                     | <b>08:42:07.80</b> | <b>08:42:24.85</b> | +03:56:47<br>(45.3%) | 12:25           | 4.8<br>(54.5%) |
| 94  | <b>LACH Agnieszka</b>           | <b>52</b>  |                          | K-OPEN    | 17   |                                      | 03:29:49      | 04:50:03      | 05:57:08          |                     | <b>08:45:38.25</b> | <b>08:45:48.25</b> | +04:00:11<br>(45.7%) | 12:30           | 4.8<br>(54.5%) |
| 95  | <b>SZNEJFUS Beata</b>           | <b>95</b>  |                          | K-OPEN    | 18   |                                      | 03:30:48      | 04:45:31      | 05:56:46          |                     | <b>08:45:18.85</b> | <b>08:45:48.45</b> | +04:00:11<br>(45.7%) | 12:30           | 4.8<br>(54.5%) |
| 96  | <b>GASIK-POWAŁKA Małgorzata</b> | <b>18</b>  |                          | K-OPEN    | 19   |                                      | 03:30:30      | 04:45:35      | 05:56:14          |                     | <b>08:45:18.10</b> | <b>08:45:48.55</b> | +04:00:11<br>(45.7%) | 12:30           | 4.8<br>(54.5%) |
| 97  | <b>KŁOPOTOWSKA SOSNA Kaska</b>  | <b>88</b>  | UNLIMITED TRIATHLON TEAM | K-OPEN    | 20   |                                      | 03:32:32      | 04:50:29      | 06:02:36          |                     | <b>08:56:27.10</b> | <b>08:56:37.45</b> | +04:11:00<br>(46.8%) | 12:46           | 4.7<br>(53.4%) |
| 98  | <b>KOSZNIRUK Elżbieta</b>       | <b>44</b>  | WYBIEGAJ SIEBIE          | K-OPEN    | 21   |                                      | 03:31:25      | 04:51:00      | 06:10:57          |                     | <b>09:38:00.05</b> | <b>09:38:21.35</b> | +04:52:44<br>(50.6%) | 13:45           | 4.4<br>(50.0%) |
| 99  | <b>CAPUTA Andrzej</b>           | <b>10</b>  |                          | M-OPEN    | 78   |                                      | 03:50:14      | 05:11:45      | 06:30:03          |                     | <b>09:41:45.55</b> | <b>09:42:13.90</b> | +04:56:36<br>(50.9%) | 13:51           | 4.3<br>(48.9%) |
| 100 | <b>TYRANKIEWICZ Kamila</b>      | <b>96</b>  | JUMP&FLY, KABATY         | K-OPEN    | 22   |                                      | 03:56:43      | 05:20:55      | 06:35:39          |                     | <b>09:42:24.40</b> | <b>09:42:41.25</b> | +04:57:04<br>(51.0%) | 13:52           | 4.3<br>(48.9%) |
| 101 | <b>BORUCH Adam</b>              | <b>9</b>   | AGB TORFY                | M-OPEN    | 79   |                                      | 03:21:33      | 04:36:36      | 06:01:15          |                     | <b>09:43:26.65</b> | <b>09:43:51.25</b> | +04:58:14<br>(51.1%) | 13:53           | 4.3<br>(48.9%) |
| 102 | <b>TARNAWSKI Jakub</b>          | <b>399</b> | KKB DYSTANS              | M-OPEN    | 80   |                                      | 03:56:45      | 05:20:46      | 06:35:23          |                     | <b>09:43:17.35</b> | <b>09:43:54.05</b> | +04:58:16<br>(51.1%) | 13:53           | 4.3<br>(48.9%) |

Znaleziono 102 wynik(ów)