



HARDY ROLLING - 11 KM



Event: PIENINY ULTRA-TRAIL®
Organiser: Fundacja Strefa Przygód
Date: 2023-04-22
Place: Szczawnica
Distance: 10.8 km



Classification: M40

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
1	WRÓBEL Przemysław	322		M40	1			00:22:16	00:26:00	00:52:23.15	00:52:25.00		4:51	12.4 (100%)
2	FLISIŃSKI Łukasz	419	ALPIN SPORT TEAM	M40	2			00:22:18	00:26:02	00:53:07.85	00:53:09.90	+00:00:44 (1.4%)	4:55	12.2 (98.4%)
3	KRASULAK Daniel	389	WKS ŚLĄSK WROCŁAW	M40	3			00:22:25	00:26:22	00:54:10.15	00:54:12.70	+00:01:47 (3.3%)	5:00	12 (96.8%)
4	KOCIOŁEK Witold	361	INŻYNIERIA BIEGANIA TEAM	M40	4	MP	UKS Lider Siercza	00:22:52	00:26:39	00:54:23.25	00:54:26.45	+00:02:01 (3.7%)	5:02	11.9 (96.0%)
5	PAŁKA Mariusz	424	KB PARANTELA	M40	5			00:24:31	00:28:40	00:59:14.50	00:59:16.75	+00:06:51 (11.6%)	5:29	10.9 (87.9%)
6	ZBOROWSKI Krzysztof	477		M40	6			00:24:12	00:27:57	00:59:26.55	00:59:29.75	+00:07:04 (11.9%)	5:30	10.9 (87.9%)
7	ZAŁĘSKI Julian	283	OSTATNIE TCHNIENIE	M40	7			00:31:58	00:36:47	01:15:36.55	01:15:58.50	+00:23:33 (31.0%)	7:00	8.6 (69.4%)
8	MALINOWSKI Łukasz	423	ŻUBRY RACE TEAM	M40	8			00:32:30	00:38:16	01:16:35.90	01:16:39.60	+00:24:14 (31.6%)	7:05	8.5 (68.5%)
9	SZCZEPANIAK Wojciech	275		M40	9			00:33:22	00:38:32	01:17:52.30	01:18:12.80	+00:25:47 (33.0%)	7:12	8.3 (66.9%)
10	NOWAK Janusz	315		M40	10			00:33:26	00:38:25	01:19:33.45	01:19:56.85	+00:27:31 (34.4%)	7:21	8.1 (65.3%)
11	PIĄTEK Jakub	484		M40	11			00:33:06	00:38:18	01:21:33.10	01:21:41.80	+00:29:16 (35.8%)	7:33	7.9 (63.7%)
12	MIKOŁAJCZYK Łukasz	472		M40	12			00:32:37	00:37:57	01:22:54.20	01:23:05.55	+00:30:40 (36.9%)	7:40	7.8 (62.9%)
13	STRAK Robert	381		M40	13			00:34:10	00:39:32	01:23:50.55	01:24:09.60	+00:31:44 (37.7%)	7:45	7.7 (62.1%)
14	CIECIOROWSKI Andrzej	741	OFF-ROAD RUNNERS	M40	14			00:32:21	00:37:12	01:24:23.40	01:24:43.10	+00:32:18 (38.1%)	7:48	7.7 (62.1%)
15	WŁODARCZYK Paweł	233		M40	15			00:35:27	00:40:45	01:24:48.90	01:25:13.15	+00:32:48 (38.5%)	7:51	7.6 (61.3%)

Place	Participant	Number	Club	Category	MCat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Net time 10.8km	Czas brutto 10.8km	Gap	Pace min/km	Pace km/h
16	RURAŃSKI Rafał	439		M40	16			00:33:47	00:39:16	01:26:14.40	01:26:19.60	+00:33:54 (39.3%)	7:59	7.5 (60.5%)
17	TOBIASZ Sebastian	284	OSTATNIE TCHNIENIE	M40	17			00:33:22	00:39:07	01:27:55.70	01:28:03.85	+00:35:38 (40.5%)	8:08	7.4 (59.7%)
18	WOLEK Marcin	331		M40	18			00:35:42	00:41:07	01:28:04.30	01:28:09.50	+00:35:44 (40.5%)	8:09	7.4 (59.7%)
19	HARAŃ Krzysztof	258	CHWILAMOMENTTEAM	M40	19			00:35:56	00:40:55	01:28:26.20	01:28:48.45	+00:36:23 (41.0%)	8:11	7.3 (58.9%)
20	LOUDYNIA Krzysztof	280		M40	20			00:39:08	00:45:08	01:30:32.20	01:30:39.25	+00:38:14 (42.2%)	8:22	7.2 (58.1%)
21	ZELENÁK Kamil	340	ZAMAGURSKÍ BEŽCI	M40	21			00:38:16	00:44:33	01:33:06.05	01:33:25.95	+00:41:00 (43.9%)	8:37	7 (56.5%)
22	ZIELIŃSKI Radosław	359	BASSET ROLLING TEAM	M40	22			00:37:44	00:44:06	01:35:20.95	01:35:46.65	+00:43:21 (45.3%)	8:49	6.8 (54.8%)
23	SZCZEPKOWSKI Robert	1766		M40	23			00:38:46	00:46:04	01:36:51.25	01:37:05.70	+00:44:40 (46.0%)	8:58	6.7 (54.0%)
24	BŁASZCZAK Wojciech	260	CHWILAMOMENT TEAM	M40	24			00:39:11	00:45:36	01:37:56.85	01:38:20.00	+00:45:55 (46.7%)	9:04	6.6 (53.2%)
25	KIERYSCH Paul	219		M40	25			00:40:00	00:46:12	01:41:25.35	01:41:48.90	+00:49:23 (48.5%)	9:23	6.4 (51.6%)
26	JARACZ Marcin	410	DOMOWAENERGIA.COM.PL	M40	26			00:42:39	00:47:00	01:46:16.30	01:46:31.00	+00:54:06 (50.8%)	9:50	6.1 (49.2%)
27	MICHALIK Jacek	248	SŁOŃCA JURY	M40	27			00:51:30	00:59:27	02:10:35.85	02:10:42.95	+01:18:17 (59.9%)	12:05	5 (40.3%)

Total 27 results.