



# ŁEMKOWYNA ULTRA-TRAIL® 100

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Event:** Łemkowna Ultra-Trail  
**Organiser:** Fundacja Ultra  
**Date:** 2019-10-12  
**Place:** Komańcza  
**Distance:** 100 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Przełęcz				Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						19.6km	30km	64.2km	82km					
1	<b>WALASZCZYK Lucyna</b>	<b>682</b>	NATURAL BORN RUNNERS TEAM	Open K	1	01:59:18	03:46:40	07:43:10	10:05:49	<b>12:50:16.95</b>	<b>12:50:20.05</b>		7:31	8 (100%)
2	<b>MATYSIAK Bartłomiej</b>	<b>601</b>	JACEKBIEGA RUNNING TEAM	Open M	1	02:05:33	03:59:01	07:53:24	10:13:41	<b>12:54:56.75</b>	<b>12:55:04.05</b>	+00:04:44 (0.6%)	7:34	7.9 (98.8%)
3	<b>VAN DER JAGT Luuk</b>	<b>504</b>		Open M	2	02:01:53	03:50:53	07:50:02	10:13:41	<b>12:58:59.80</b>	<b>12:59:14.65</b>	+00:08:54 (1.1%)	7:36	7.9 (98.8%)
4	<b>ASPERSKI Michał</b>	<b>512</b>	KB SUPERMARATOŃCZYK	Open M	3	02:06:53	03:59:14	07:57:19	10:26:04	<b>13:14:19.45</b>	<b>13:14:23.55</b>	+00:24:03 (3.0%)	7:45	7.7 (96.3%)
5	<b>REJ Mirosław</b>	<b>627</b>	M&T WYJADACZE PARÓWKÓW	Open M	4	02:15:12	04:12:04	08:15:43	10:44:14	<b>13:26:19.30</b>	<b>13:26:24.40</b>	+00:36:04 (4.5%)	7:52	7.6 (95.0%)
6	<b>MOCZYŃSKI Paweł</b>	<b>604</b>	OSTROBIEC	Open M	5	02:10:38	04:03:08	08:08:40	10:45:24	<b>13:41:44.25</b>	<b>13:41:55.30</b>	+00:51:35 (6.3%)	8:01	7.5 (93.8%)
7	<b>BERGHAMMER Tamas</b>	<b>517</b>	COOL CATS	Open M	6	02:09:20	04:05:31	08:19:48	10:43:29	<b>13:45:24.25</b>	<b>13:45:30.25</b>	+00:55:10 (6.7%)	8:04	7.4 (92.5%)
8	<b>KOPIEC Przemek</b>	<b>573</b>		Open M	7	01:57:36	03:46:10	07:50:21	10:35:55	<b>13:48:13.35</b>	<b>13:48:18.00</b>	+00:57:57 (7.0%)	8:05	7.4 (92.5%)
9	<b>LONC Tomasz</b>	<b>590</b>	M&T WYJADACZE PARÓWKÓW	Open M	8	02:06:43	04:03:33	08:12:36	10:54:41	<b>13:53:53.05</b>	<b>13:53:58.35</b>	+01:03:38 (7.6%)	8:09	7.4 (92.5%)
10	<b>NIEDZIAŁKOWSKI Jan</b>	<b>610</b>		Open M	9	02:07:23	04:03:35	08:23:18	11:11:24	<b>13:59:33.75</b>	<b>13:59:39.05</b>	+01:09:19 (8.3%)	8:12	7.3 (91.3%)
11	<b>GRABOŚ Nina</b>	<b>503</b>		Open K	2	02:21:06	04:28:36	08:30:35	11:03:23	<b>14:03:15.75</b>	<b>14:03:24.75</b>	+01:13:04 (8.7%)	8:14	7.3 (91.3%)
12	<b>SZOTOWICZ Sebastian</b>	<b>651</b>	TT SZCZECIN / SZWLA STARGARD	Open M	10	02:06:22	03:58:49	08:03:49	10:50:55	<b>14:07:33.90</b>	<b>14:07:37.30</b>	+01:17:17 (9.1%)	8:17	7.2 (90.0%)
13	<b>WAGNER Lenka</b>	<b>660</b>		Open K	3	02:29:39	04:38:32	08:51:00	11:26:54	<b>14:07:49.10</b>	<b>14:07:54.65</b>	+01:17:34 (9.1%)	8:17	7.2 (90.0%)
14	<b>KERSULIS Marijus</b>	<b>570</b>	MDM	Open M	11	02:25:04	04:34:48	08:49:55	11:17:54	<b>14:09:50.75</b>	<b>14:09:56.15</b>	+01:19:36 (9.4%)	8:18	7.2 (90.0%)
15	<b>PRUCNAL Zbigniew</b>	<b>624</b>	ELKO24.PL	Open M	12	02:20:41	04:28:37	08:43:00	11:26:29	<b>14:12:42.70</b>	<b>14:12:46.40</b>	+01:22:26 (9.7%)	8:20	7.2 (90.0%)
16	<b>MARKIEWICZ Agnieszka</b>	<b>597</b>	PRORUNNING PROMOTION	Open K	4	02:14:03	04:14:13	08:25:20	11:06:09	<b>14:23:54.75</b>	<b>14:23:59.10</b>	+01:33:39 (10.8%)	8:26	7.1 (88.8%)
17	<b>KUŹNIAR Paweł</b>	<b>584</b>	FINISH RYMANÓW	Open M	13	02:15:18	04:17:20	08:42:26	11:29:37	<b>14:26:01.70</b>	<b>14:26:10.30</b>	+01:35:50 (11.1%)	8:27	7.1 (88.8%)

Place	Participant	Number	Club	Category	MCat	Przełęcz				Net time 102.3km	Czas brutto 102.3km	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 30km	Hałbowska 64.2km	Chyrowa 82km					
18	<b>KOZŁOWSKI Łukasz</b>	<b>578</b>		Open M	14	02:14:44	04:11:40	08:29:15	11:35:58	<b>14:28:25.00</b>	<b>14:28:31.95</b>	+01:38:11 (11.3%)	8:29	7.1 (88.8%)
19	<b>STAROBRAT Arkadiusz</b>	<b>644</b>	ALETEMPO	Open M	15	02:15:05	04:23:43	08:43:49	11:30:10	<b>14:31:00.75</b>	<b>14:31:11.25</b>	+01:40:51 (11.6%)	8:30	7 (87.5%)
20	<b>NIEDZIELA Marcin</b>	<b>611</b>		Open M	16	02:12:12	04:22:37	08:47:08	11:41:57	<b>14:59:00.85</b>	<b>14:59:04.55</b>	+02:08:44 (14.3%)	8:47	6.8 (85.0%)
21	<b>BIENIEK Damian</b>	<b>518</b>		Open M	17	02:12:02	04:22:25	08:46:57	11:41:46	<b>14:58:53.45</b>	<b>14:59:04.65</b>	+02:08:44 (14.3%)	8:47	6.8 (85.0%)
22	<b>LILLA Piotr</b>	<b>589</b>	KLUB WYSOKOGÓRSKI W JASTRZĘBIU - ZDROJU	Open M	18	02:15:34	04:25:30	09:12:37	12:02:48	<b>15:15:38.00</b>	<b>15:15:48.90</b>	+02:25:28 (15.9%)	8:57	6.7 (83.8%)
23	<b>POMAGRUK Piotr</b>	<b>621</b>	DZIKI ZE ŚLICHOWIC	Open M	19	02:26:31	04:37:44	09:03:14	12:00:23	<b>15:18:44.35</b>	<b>15:18:58.55</b>	+02:28:38 (16.2%)	8:58	6.7 (83.8%)
24	<b>BATISTELLA Cristian Gabriel</b>	<b>516</b>	URETA TEAM	Open M	20	02:24:20	04:38:02	09:12:16	12:07:57	<b>15:26:18.60</b>	<b>15:26:23.60</b>	+02:36:03 (16.8%)	9:03	6.6 (82.5%)
25	<b>NAWROCKI Przemek</b>	<b>609</b>	SILESIA MARATHON TEAM	Open M	21	02:12:43	04:14:21	09:11:46	12:16:30	<b>15:28:04.35</b>	<b>15:28:04.35</b>	+02:37:44 (17.0%)	9:04	6.6 (82.5%)
26	<b>MARMORATO Alessandro</b>	<b>598</b>	TURIN CREW RUNNING CO.	Open M	22	02:26:34	04:51:48	09:14:16	12:05:16	<b>15:40:04.90</b>	<b>15:40:12.60</b>	+02:49:52 (18.1%)	9:11	6.5 (81.3%)
27	<b>JACKSON Daisy</b>	<b>501</b>	COOL CATS	Open K	5	02:23:41	04:36:48	09:26:18	12:22:09	<b>15:40:58.25</b>	<b>15:41:04.45</b>	+02:50:44 (18.1%)	9:11	6.5 (81.3%)
28	<b>KOCEMBA Askaniusz</b>	<b>571</b>		Open M	23	02:12:31	04:24:25	09:01:25	12:08:32	<b>15:41:47.10</b>	<b>15:41:49.95</b>	+02:51:29 (18.2%)	9:12	6.5 (81.3%)
29	<b>TYCZKA Wojciech</b>	<b>656</b>	CIDRY LOTAJOM	Open M	24	02:30:04	04:42:38	09:15:53	12:26:07	<b>15:43:43.90</b>	<b>15:43:56.60</b>	+02:53:36 (18.4%)	9:13	6.5 (81.3%)
30	<b>BARTOSZ Marek</b>	<b>515</b>	JCI RUNNING TEAM	Open M	25	02:30:50	04:45:47	09:25:13	12:22:40	<b>15:46:19.30</b>	<b>15:46:26.90</b>	+02:56:06 (18.6%)	9:15	6.5 (81.3%)
31	<b>AGRES Paweł</b>	<b>509</b>	KW KOTŁOWNIA	Open M	26	02:11:58	04:17:14	09:19:06	12:28:31	<b>15:52:11.60</b>	<b>15:52:28.65</b>	+03:02:08 (19.1%)	9:18	6.4 (80.0%)
32	<b>GRABOWSKI Wojciech</b>	<b>545</b>		Open M	27	02:23:52	04:35:45	09:11:51	12:28:03	<b>15:54:37.85</b>	<b>15:54:42.65</b>	+03:04:22 (19.3%)	9:19	6.4 (80.0%)
33	<b>SZLOSER Anna</b>	<b>505</b>	MONTEKAZURA TEAM	Open K	6	02:36:37	04:57:07	09:42:16	12:45:48	<b>16:04:05.50</b>	<b>16:04:14.55</b>	+03:13:54 (20.1%)	9:25	6.4 (80.0%)
34	<b>AUGUSTYNIAK Grzegorz</b>	<b>513</b>		Open M	28	02:25:56	04:37:29	09:15:06	12:37:03	<b>16:05:43.15</b>	<b>16:05:54.95</b>	+03:15:34 (20.2%)	9:26	6.4 (80.0%)
35	<b>GAJDA Piotr</b>	<b>540</b>		Open M	29	02:35:11	04:50:29	09:30:48	12:55:14	<b>16:06:09.05</b>	<b>16:06:18.15</b>	+03:15:58 (20.3%)	9:26	6.4 (80.0%)
36	<b>URBAŃCZYK Darek</b>	<b>658</b>	RANDONNEURS POLSKA	Open M	30	02:23:45	04:39:01	09:19:46	12:40:33	<b>16:07:38.10</b>	<b>16:07:48.05</b>	+03:17:28 (20.4%)	9:27	6.3 (78.8%)
37	<b>WOJEWODA Michał</b>	<b>672</b>	TRIWAWA / RUN THE PARK	Open M	31	02:35:13	04:56:50	09:44:45	12:50:37	<b>16:09:53.00</b>	<b>16:10:03.15</b>	+03:19:43 (20.6%)	9:28	6.3 (78.8%)
38	<b>ANTOSIAK Tomasz</b>	<b>511</b>	TMTEAM	Open M	32	02:37:00	04:54:23	09:42:22	12:55:59	<b>16:22:09.85</b>	<b>16:22:22.95</b>	+03:32:02 (21.6%)	9:36	6.2 (77.5%)
39	<b>KORDECKA Anna</b>	<b>574</b>	WCHSZT	Open K	7	02:37:03	04:54:20	09:27:47	12:37:50	<b>16:23:31.10</b>	<b>16:23:44.60</b>	+03:33:24 (21.7%)	9:36	6.2 (77.5%)
40	<b>JĘDRZEJEWSKI Łukasz</b>	<b>563</b>	WATAHA	Open M	33	02:27:10	04:47:08	09:34:37	12:47:48	<b>16:26:00.40</b>	<b>16:26:10.25</b>	+03:35:50 (21.9%)	9:38	6.2 (77.5%)
41	<b>ZIĘTERSKI Robert</b>	<b>679</b>	EBIEGI.PL	Open M	34	02:27:13	04:47:09	09:34:50	12:47:47	<b>16:26:00.20</b>	<b>16:26:10.95</b>	+03:35:50 (21.9%)	9:38	6.2 (77.5%)
42	<b>CHLÁDEK Roman</b>	<b>526</b>	RUNSPORT TEAM	Open M	35	02:18:51	04:39:56	09:42:11	12:51:17	<b>16:28:35.25</b>	<b>16:28:44.35</b>	+03:38:24 (22.1%)	9:39	6.2 (77.5%)

Place	Participant	Number	Club	Category	MCat	Przełęcz				Net time 102.3km	Czas brutto 102.3km	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 30km	Hałbowska 64.2km	Chyrowa 82km					
43	<b>POPŁAWSKI Piotr</b>	<b>622</b>	PGB SPORTOWA PACZKA	Open M	36	02:36:34	05:00:07	09:46:37	12:56:00	<b>16:28:52.15</b>	<b>16:29:01.15</b>	+03:38:41 (22.1%)	9:39	6.2 (77.5%)
44	<b>ŻURAWSKI Sławomir</b>	<b>681</b>	PGB SPORTOWA PACZKA	Open M	37	02:36:23	04:57:10	09:42:23	12:42:25	<b>16:31:07.20</b>	<b>16:31:17.05</b>	+03:40:57 (22.3%)	9:41	6.2 (77.5%)
45	<b>SOBCZAK Tomasz</b>	<b>641</b>	MARCIN SWIERC TEAM	Open M	38	02:35:54	04:59:28	10:05:44	13:21:19	<b>16:42:16.40</b>	<b>16:42:22.00</b>	+03:52:01 (23.1%)	9:47	6.1 (76.3%)
46	<b>HEJNOWICZ Tomasz</b>	<b>552</b>	KMWTW	Open M	39	02:36:25	05:12:40	10:04:51	13:23:25	<b>16:43:27.60</b>	<b>16:43:37.60</b>	+03:53:17 (23.2%)	9:48	6.1 (76.3%)
47	<b>GUZIK Grzegorz</b>	<b>548</b>	SPORTOWE KARPATY	Open M	40	02:36:27	05:12:43	10:04:49	13:23:26	<b>16:43:27.50</b>	<b>16:43:38.25</b>	+03:53:18 (23.2%)	9:48	6.1 (76.3%)
48	<b>CHODKIEWICZ Tomasz</b>	<b>528</b>	TRZEBA BIEGAĆ I ...	Open M	41	02:38:52	04:58:13	10:26:27	13:37:00	<b>16:43:20.80</b>	<b>16:43:42.15</b>	+03:53:22 (23.3%)	9:48	6.1 (76.3%)
49	<b>FRYBEL Damian</b>	<b>536</b>		Open M	42	02:36:41	05:03:54	09:48:44	13:10:27	<b>16:44:04.25</b>	<b>16:44:16.75</b>	+03:53:56 (23.3%)	9:48	6.1 (76.3%)
50	<b>HRABEC Michal</b>	<b>683</b>		Open M	43	02:19:24	04:35:08	09:42:04	13:18:37	<b>16:48:13.95</b>	<b>16:48:20.45</b>	+03:58:00 (23.6%)	9:51	6.1 (76.3%)
51	<b>GAJDECKI Tomek</b>	<b>541</b>	ACCENTURE	Open M	44	02:36:39	04:53:45	09:55:46	13:22:08	<b>16:49:28.55</b>	<b>16:49:44.50</b>	+03:59:24 (23.7%)	9:52	6.1 (76.3%)
52	<b>REJMAN Grzegorz</b>	<b>628</b>	#BIEGAMGRZEGORZREJMAN	Open M	45	02:35:09	05:09:30	10:26:46	13:15:20	<b>16:50:09.15</b>	<b>16:50:14.10</b>	+03:59:54 (23.7%)	9:52	6.1 (76.3%)
53	<b>CZELNY Zbyszek</b>	<b>531</b>		Open M	46	02:36:42	04:54:24	10:04:15	13:34:16	<b>16:57:57.10</b>	<b>16:58:03.90</b>	+04:07:43 (24.3%)	9:57	6 (75.0%)
54	<b>TUŁAZA Jan</b>	<b>655</b>	KLUB BIEGACZA T2/4	Open M	47	02:25:43	04:45:09	09:39:55	13:06:53	<b>17:04:13.25</b>	<b>17:04:20.45</b>	+04:14:00 (24.8%)	10:00	6 (75.0%)
55	<b>URBANÍK Martin</b>	<b>657</b>	STEFANIKTRAIL.SK	Open M	48	02:28:28	04:53:34	09:42:42	13:18:34	<b>17:06:42.50</b>	<b>17:06:56.75</b>	+04:16:36 (25.0%)	10:02	6 (75.0%)
56	<b>ZINCKE Jonathan</b>	<b>680</b>	COOL CATS	Open M	49	02:36:07	04:54:53	09:46:34	13:28:35	<b>17:08:03.95</b>	<b>17:08:11.15</b>	+04:17:51 (25.1%)	10:02	6 (75.0%)
57	<b>KULIG Tomasz</b>	<b>582</b>		Open M	50	02:54:06	05:20:22	10:26:43	13:29:42	<b>17:11:42.05</b>	<b>17:12:01.45</b>	+04:21:41 (25.4%)	10:05	5.9 (73.8%)
58	<b>MACIEJEWSKI Marcin</b>	<b>592</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ/WOŹNIAK RUNNING TEAM	Open M	51	02:26:32	04:36:12	09:03:33	12:16:04	<b>17:14:31.00</b>	<b>17:14:45.20</b>	+04:24:25 (25.6%)	10:06	5.9 (73.8%)
59	<b>BONCZEK Łukasz</b>	<b>522</b>		Open M	52	02:39:23	05:00:02	10:04:37	13:35:49	<b>17:28:13.05</b>	<b>17:28:29.30</b>	+04:38:09 (26.5%)	10:14	5.9 (73.8%)
60	<b>ZADROŻNY Piotr</b>	<b>676</b>	DRZWI DO MARZEŃ	Open M	53	02:39:30	05:05:30	10:26:34	13:54:46	<b>17:31:01.95</b>	<b>17:31:14.35</b>	+04:40:54 (26.7%)	10:16	5.8 (72.5%)
61	<b>POCHYLSKI Przemysław</b>	<b>620</b>	ZGRUPKA TEAM	Open M	54	02:36:43	05:05:54	10:32:21	14:08:39	<b>17:32:29.05</b>	<b>17:32:36.45</b>	+04:42:16 (26.8%)	10:17	5.8 (72.5%)
62	<b>NOWAK Jordan</b>	<b>613</b>	ALIOR RUNNING TEAM	Open M	55	02:32:37	05:00:45	10:07:02	14:00:26	<b>17:32:30.50</b>	<b>17:32:40.45</b>	+04:42:20 (26.8%)	10:17	5.8 (72.5%)
63	<b>JAKUBOWSKI Łukasz</b>	<b>556</b>	KB KAMIEŃ POMORSKI	Open M	56	02:26:10	04:52:20	10:26:26	13:41:11	<b>17:46:40.80</b>	<b>17:46:58.80</b>	+04:56:38 (27.8%)	10:25	5.8 (72.5%)
64	<b>MORCINEK Marcin</b>	<b>605</b>	BLUSZCZA	Open M	57	02:31:41	04:52:17	09:56:03	13:36:00	<b>17:46:49.85</b>	<b>17:47:02.50</b>	+04:56:42 (27.8%)	10:25	5.8 (72.5%)
65	<b>PIETRZAK Mariusz</b>	<b>618</b>		Open M	58	02:32:52	04:57:13	09:57:53	13:38:39	<b>17:46:51.45</b>	<b>17:47:03.45</b>	+04:56:43 (27.8%)	10:25	5.8 (72.5%)
66	<b>SZCZEPAŃSKI Jakub</b>	<b>650</b>		Open M	59	02:41:53	05:10:53	10:27:01	13:56:19	<b>17:46:59.25</b>	<b>17:47:03.70</b>	+04:56:43 (27.8%)	10:25	5.8 (72.5%)
67	<b>MAMCARCZYK Tomasz</b>	<b>596</b>	EKOBIEGI	Open M	60	02:40:06	05:07:46	10:08:14	13:53:07	<b>17:47:44.05</b>	<b>17:47:51.55</b>	+04:57:31 (27.9%)	10:26	5.7 (71.3%)

Place	Participant	Number	Club	Category	MCat	Przełęcz				Net time 102.3km	Czas brutto 102.3km	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 30km	Hałbowska 64.2km	Chyrowa 82km					
68	<b>CZAJKOWSKI Rafał</b>	<b>530</b>	EKOBIEGI	Open M	61	02:40:12	05:10:46	10:08:10	13:53:07	<b>17:47:45.15</b>	<b>17:47:52.05</b>	+04:57:32 (27.9%)	10:26	5.7 (71.3%)
69	<b>SANNER Marcin</b>	<b>633</b>	POWSINOGA	Open M	62	02:35:48	05:00:05	10:04:55	13:42:13	<b>17:49:37.75</b>	<b>17:49:56.75</b>	+04:59:36 (28.0%)	10:27	5.7 (71.3%)
70	<b>DYREK Mateusz</b>	<b>534</b>		Open M	63	02:17:56	04:44:53	09:48:22	13:54:09	<b>17:55:16.15</b>	<b>17:55:20.65</b>	+05:05:00 (28.4%)	10:30	5.7 (71.3%)
71	<b>HENSEL Krzysztof</b>	<b>506</b>	LUXTORPEDA CZERWIONKA	Open M	64	02:25:00	04:37:41	10:04:51	14:20:09	<b>17:55:39.90</b>	<b>17:55:53.20</b>	+05:05:33 (28.4%)	10:30	5.7 (71.3%)
72	<b>PASECKA Sylwia</b>	<b>616</b>	INŻYNIERIA BIEGANIA	Open K	8	02:39:53	05:07:56	10:28:44	14:13:22	<b>17:55:44.95</b>	<b>17:55:53.35</b>	+05:05:33 (28.4%)	10:30	5.7 (71.3%)
73	<b>CHOJNOWSKI Andrzej</b>	<b>529</b>		Open M	65	02:30:21	05:06:23	10:34:05	13:56:22	<b>17:55:48.30</b>	<b>17:55:58.75</b>	+05:05:38 (28.4%)	10:30	5.7 (71.3%)
74	<b>SZAFRAN Łukasz</b>	<b>649</b>	ENERGIZE YOUR LIFE	Open M	66	02:56:35	05:33:48	10:36:10	14:12:52	<b>18:03:59.90</b>	<b>18:04:11.25</b>	+05:13:51 (28.9%)	10:35	5.7 (71.3%)
75	<b>JANIK Mariusz</b>	<b>560</b>		Open M	67	02:41:10	05:03:29	10:07:09	13:46:04	<b>18:05:12.80</b>	<b>18:05:31.55</b>	+05:15:11 (29.0%)	10:36	5.7 (71.3%)
76	<b>SIEK Jakub</b>	<b>636</b>	COOL CATS	Open M	68	02:23:35	04:41:47		13:53:02	<b>18:06:06.20</b>	<b>18:06:09.40</b>	+05:15:49 (29.1%)	10:37	5.7 (71.3%)
77	<b>STUDZINSKA Jana</b>	<b>507</b>	COOL CATS	Open K	9	02:36:09	04:54:57	10:05:00	13:53:00	<b>18:08:47.65</b>	<b>18:08:54.25</b>	+05:18:34 (29.3%)	10:38	5.6 (70.0%)
78	<b>KAŁUŻNY Marcin</b>	<b>566</b>	FLYING PIG	Open M	69	02:39:33	05:20:38	10:35:47	14:30:44	<b>18:13:47.80</b>	<b>18:13:53.85</b>	+05:23:33 (29.6%)	10:41	5.6 (70.0%)
79	<b>NOWAK Jarosław</b>	<b>612</b>		Open M	70	02:35:41	05:08:42	10:28:42	14:23:12	<b>18:13:43.20</b>	<b>18:13:56.45</b>	+05:23:36 (29.6%)	10:41	5.6 (70.0%)
80	<b>GIRA Rastislav</b>	<b>543</b>	#ZAZIULTRA	Open M	71	02:42:13	05:07:04	10:26:38	14:20:44	<b>18:14:05.70</b>	<b>18:14:20.45</b>	+05:24:00 (29.6%)	10:41	5.6 (70.0%)
81	<b>KOWALEWSKA Claudia</b>	<b>575</b>		Open K	10	02:38:50	05:23:38	10:31:02	13:58:02	<b>18:22:02.55</b>	<b>18:22:24.90</b>	+05:32:04 (30.1%)	10:46	5.6 (70.0%)
82	<b>KUCIŃSKI Tomasz</b>	<b>581</b>	MKB DREPTAK	Open M	72	02:49:17	05:14:00	10:05:11	14:31:42	<b>18:24:06.85</b>	<b>18:24:28.75</b>	+05:34:08 (30.3%)	10:47	5.6 (70.0%)
83	<b>LEŚNIAK Marcin</b>	<b>587</b>	ZARAŻENI BÓLEM	Open M	73	02:37:28	05:06:57	10:26:54	14:10:41	<b>18:30:43.65</b>	<b>18:30:58.50</b>	+05:40:38 (30.7%)	10:51	5.5 (68.8%)
84	<b>ZAWADA Mateusz</b>	<b>677</b>	DELL TECHNOLOGIES	Open M	74	02:37:25	05:06:53	10:26:43	14:10:43	<b>18:30:44.00</b>	<b>18:30:58.55</b>	+05:40:38 (30.7%)	10:51	5.5 (68.8%)
85	<b>CASALLAS Yvette</b>	<b>525</b>	COOL CATS	Open K	11	02:35:44	05:08:45	10:36:01	14:20:38	<b>18:41:04.00</b>	<b>18:41:10.30</b>	+05:50:50 (31.3%)	10:57	5.5 (68.8%)
86	<b>JANISZ Katarzyna</b>	<b>561</b>		Open K	12	02:44:26	05:24:18	10:53:06	14:31:58	<b>18:53:53.90</b>	<b>18:54:07.60</b>	+06:03:47 (32.1%)	11:05	5.4 (67.5%)
87	<b>PIĘTA Marlena</b>	<b>619</b>	OSTROBIEC	Open K	13	02:47:19	05:28:51	10:58:02	14:53:17	<b>18:56:46.45</b>	<b>18:57:00.85</b>	+06:06:40 (32.2%)	11:06	5.4 (67.5%)
88	<b>WIERZBIŃSKA Karolina</b>	<b>665</b>	JACEKBIEGA RUNNING TEAM	Open K	14	02:55:20	05:46:20	11:36:23	15:15:48	<b>19:06:15.50</b>	<b>19:06:24.00</b>	+06:16:03 (32.8%)	11:12	5.4 (67.5%)
89	<b>SAWICKI Bartosz</b>	<b>634</b>	JACEKBIEGA RUNNING TEAM	Open M	75	02:55:25	05:46:13	11:35:51	15:06:07	<b>19:09:33.25</b>	<b>19:09:40.85</b>	+06:19:20 (33.0%)	11:14	5.3 (66.3%)
90	<b>GRZANECKI Rafał</b>	<b>546</b>	JEEP	Open M	76	02:52:56	05:40:30	11:37:26	15:24:43	<b>19:10:51.70</b>	<b>19:11:13.20</b>	+06:20:53 (33.1%)	11:14	5.3 (66.3%)
91	<b>ZABRZEWSKI Patryk</b>	<b>675</b>	JASTRZĘBSKI KLUB WYSOKOGÓRSKI	Open M	77	02:37:09	05:19:27	10:58:09	14:45:48	<b>19:13:46.40</b>	<b>19:13:57.75</b>	+06:23:37 (33.2%)	11:16	5.3 (66.3%)
92	<b>SIECZKOWSKI Artur</b>	<b>635</b>	NATURAL BORN RUNNERS TEAM	Open M	78	02:43:45	05:20:46	10:58:12	14:49:24	<b>19:13:46.15</b>	<b>19:13:58.00</b>	+06:23:37 (33.2%)	11:16	5.3 (66.3%)

Place	Participant	Number	Club	Category	MCat	Przełęcz				Net time 102.3km	Czas brutto 102.3km	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 30km	Hałbowska 64.2km	Chyrowa 82km					
93	<b>RYBAK Aneta</b>	<b>630</b>		Open K	15	02:44:48	05:29:11	10:58:18	14:53:53	<b>19:14:06.00</b>	<b>19:14:18.05</b>	+06:23:58 (33.3%)	11:16	5.3 (66.3%)
94	<b>WOJCIECHOWSKI Paweł</b>	<b>671</b>	BIEGACZE JUNIORA-RUNNER TEAM	Open M	79	02:45:02	05:23:27	11:08:06	15:26:05	<b>19:21:36.40</b>	<b>19:21:48.25</b>	+06:31:28 (33.7%)	11:21	5.3 (66.3%)
95	<b>ŚLIWICKA Ewa</b>	<b>653</b>	BIEGACZE JUNIORA-RUNNERS TEAM	Open K	16	02:45:04	05:23:37	11:08:09	15:18:11	<b>19:21:36.70</b>	<b>19:21:48.50</b>	+06:31:28 (33.7%)	11:21	5.3 (66.3%)
96	<b>JANIK Joanna</b>	<b>559</b>		Open K	17	02:41:30	05:23:49	11:00:48	15:13:25	<b>19:21:43.25</b>	<b>19:22:01.65</b>	+06:31:41 (33.7%)	11:21	5.3 (66.3%)
97	<b>SOCHA Marcin</b>	<b>642</b>		Open M	80	02:35:16	05:07:12	10:36:09	14:36:47	<b>19:23:52.70</b>	<b>19:24:02.25</b>	+06:33:42 (33.8%)	11:22	5.3 (66.3%)
98	<b>WAGNER Ewa</b>	<b>659</b>		Open K	18	02:53:42	05:45:09	11:11:22	15:06:34	<b>19:27:22.70</b>	<b>19:27:34.75</b>	+06:37:14 (34.0%)	11:24	5.3 (66.3%)
99	<b>WISNIEWSKA Agnieszka</b>	<b>668</b>	PARA W BIEGU	Open K	19	02:44:21	05:24:16	10:53:07	14:31:59	<b>19:42:06.70</b>	<b>19:42:20.20</b>	+06:52:00 (34.8%)	11:33	5.2 (65.0%)
100	<b>WISNIEWSKI Janusz</b>	<b>669</b>	PARAWBIEGU	Open M	81	02:38:22	05:11:53	10:26:47	14:11:49	<b>19:42:08.80</b>	<b>19:42:21.50</b>	+06:52:01 (34.8%)	11:33	5.2 (65.0%)
101	<b>WITKOWSKA Beata</b>	<b>670</b>	#KASZANIENAMOKA	Open K	20	03:12:03	06:02:44	11:40:45	15:22:10	<b>19:43:03.30</b>	<b>19:43:23.85</b>	+06:53:03 (34.9%)	11:33	5.2 (65.0%)
102	<b>MISIAĞIEWICZ Paweł</b>	<b>603</b>		Open M	82	02:39:44	05:10:46	11:08:47	15:26:54	<b>19:44:43.25</b>	<b>19:44:56.45</b>	+06:54:36 (35.0%)	11:34	5.2 (65.0%)
103	<b>LEMIESZKA Marta</b>	<b>586</b>	FRACHT SPORT CLUB	Open K	21	02:41:52	05:27:30	10:50:28	14:47:56	<b>19:45:48.35</b>	<b>19:46:02.15</b>	+06:55:42 (35.0%)	11:35	5.2 (65.0%)
104	<b>KARWACKI Łukasz</b>	<b>569</b>	PIĘKNI MŁODZIEŃCY	Open M	83	03:00:09	05:54:05	11:40:12	15:22:19	<b>20:01:17.75</b>	<b>20:01:38.80</b>	+07:11:18 (35.9%)	11:44	5.1 (63.8%)
105	<b>HADAM Michał</b>	<b>549</b>	KB MANIAC POZNAŃ/NBR	Open M	84	02:40:46	05:19:30	11:07:17	15:18:23	<b>20:01:25.50</b>	<b>20:01:39.00</b>	+07:11:18 (35.9%)	11:44	5.1 (63.8%)
106	<b>RĄCZKA Rafał</b>	<b>626</b>		Open M	85	02:56:25	05:39:40	11:23:29	15:28:37	<b>20:22:33.70</b>	<b>20:22:49.35</b>	+07:32:29 (37.0%)	11:57	5 (62.5%)
107	<b>WIETECZA Paweł</b>	<b>666</b>		Open M	86	02:56:36	05:39:37	11:23:31	15:28:39	<b>20:22:36.10</b>	<b>20:22:51.50</b>	+07:32:31 (37.0%)	11:57	5 (62.5%)
108	<b>WÓJTOWICZ Jacek</b>	<b>674</b>	FRANCISZKANIE - KROSNO	Open M	87	02:40:42	05:31:57	11:33:13	15:44:44	<b>20:24:32.35</b>	<b>20:24:40.65</b>	+07:34:20 (37.1%)	11:58	5 (62.5%)
109	<b>ROSA Aleksander</b>	<b>629</b>	JACKO	Open M	88	02:53:23	05:58:05	12:21:51	16:15:06	<b>20:33:46.60</b>	<b>20:34:02.10</b>	+07:43:42 (37.6%)	12:03	5 (62.5%)
110	<b>HORBACZ Hanna</b>	<b>555</b>	JACKO	Open K	22	02:53:20	05:57:58	12:21:47	16:15:06	<b>20:33:46.25</b>	<b>20:34:02.20</b>	+07:43:42 (37.6%)	12:03	5 (62.5%)
111	<b>STOLARZ Grzegorz</b>	<b>645</b>	NIEPOŁOMICE BIEGAJĄ	Open M	89	02:42:32	05:26:08	11:07:58	15:39:51	<b>20:38:03.80</b>	<b>20:38:13.35</b>	+07:47:53 (37.8%)	12:06	5 (62.5%)
112	<b>KUNKEL Anna</b>	<b>583</b>	PGB SPORTOWA PACZKA	Open K	23	03:07:12	06:09:05	12:03:30	15:55:32	<b>20:40:44.00</b>	<b>20:40:53.20</b>	+07:50:33 (37.9%)	12:07	4.9 (61.3%)
113	<b>WASIL Joanna</b>	<b>663</b>		Open K	24	03:03:47	06:08:48	12:07:47	16:17:45	<b>20:47:32.40</b>	<b>20:47:48.35</b>	+07:57:28 (38.3%)	12:11	4.9 (61.3%)
114	<b>FURMANOWSKI Paweł</b>	<b>538</b>		Open M	90	02:46:19	05:16:09	11:37:39	15:54:47	<b>20:51:24.10</b>	<b>20:51:39.25</b>	+08:01:19 (38.5%)	12:13	4.9 (61.3%)
115	<b>FURMANOWSKI Franciszek</b>	<b>537</b>		Open M	91	02:46:17	05:16:05	11:37:41	15:54:46	<b>20:51:24.05</b>	<b>20:51:39.50</b>	+08:01:19 (38.5%)	12:13	4.9 (61.3%)
116	<b>STACHURSKI Paweł</b>	<b>643</b>		Open M	92	02:51:32	05:33:49	11:20:21	16:02:50	<b>20:57:06.10</b>	<b>20:57:14.15</b>	+08:06:54 (38.7%)	12:17	4.9 (61.3%)
117	<b>JANAS Kasia</b>	<b>558</b>		Open K	25	02:51:37	05:33:56	11:20:25	16:02:48	<b>20:57:06.30</b>	<b>20:57:14.50</b>	+08:06:54 (38.7%)	12:17	4.9 (61.3%)

Place	Participant	Number	Club	Category	MCat	Przełęcz				Net time 102.3km	Czas brutto 102.3km	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 30km	Hałbowska 64.2km	Chyrowa 82km					
118	<b>BONDARCZUK Sylwia</b>	<b>523</b>	SZYBKIE ŻÓŁWIE	Open K	26	02:52:50	05:50:32	11:58:05	16:15:41	<b>21:14:44.50</b>	<b>21:14:57.60</b>	+08:24:37 (39.6%)	12:27	4.8 (60.0%)
119	<b>BOGACZ Dariusz Piotr</b>	<b>521</b>	KLUB WYSOKOGÓRSKI WARSZAWA	Open M	93	02:44:11	05:57:14	12:07:54	16:26:23	<b>21:15:44.40</b>	<b>21:15:49.95</b>	+08:25:29 (39.6%)	12:28	4.8 (60.0%)
120	<b>GRZĘDA Krzysztof</b>	<b>547</b>		Open M	94	02:42:26	05:28:42	11:43:29	16:31:41	<b>21:21:12.60</b>	<b>21:21:23.55</b>	+08:31:03 (39.9%)	12:31	4.8 (60.0%)
	<b>ADAMEC Petr</b>	<b>508</b>	RUNSPORT	Open M		03:11:19 DNF	06:27:21 DNF	12:55:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>OBIDOWICZ Agata</b>	<b>614</b>	MOUNTAIN FUEL POLSKA	Open K		02:21:14 DNF	04:25:07 DNF	08:53:32 DNF	12:13:24 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MACZUGA Monika</b>	<b>593</b>	MUSTANGI GLIWICE	Open K		03:13:58 DNF	06:39:46 DNF	13:08:47 DNF	16:39:14 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MOSIŃSKI Michał</b>	<b>606</b>	HAWAJSKIE REKINY / AKADEMIADUATHLONU.PL	Open M		02:08:18 DNF	04:03:06 DNF	08:13:58 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KUBIK Grzegorz</b>	<b>580</b>		Open M		02:18:55 DNF	04:30:08 DNF	09:37:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZDUNEK Michał</b>	<b>678</b>	EUROSOFT TEAM / WKURW_TEAM	Open M		02:20:26 DNF	04:27:41 DNF	09:41:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MAGALSKI Tomasz</b>	<b>594</b>	KB KAMIEŃ POMORSKI	Open M		02:26:01 DNF	04:52:23 DNF	10:26:36 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MAJ Grzegorz</b>	<b>595</b>		Open M		02:22:02 DNF	04:39:34 DNF	10:37:55 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JAMROZIAK Grzegorz</b>	<b>557</b>	KB KAMIEŃ POMORSKI	Open M		02:40:08 DNF	05:10:36 DNF	11:02:50 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BLICHAZ Artur</b>	<b>519</b>	KS SPORTIVA	Open M		02:52:46 DNF	05:39:39 DNF	11:33:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CZERWIEC Artur</b>	<b>532</b>	VEGERUNERS	Open M		02:50:11 DNF	05:51:32 DNF	11:43:36 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SYK Bartosz</b>	<b>647</b>		Open M		03:17:23 DNF	06:11:29 DNF	12:17:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>RYSIAWA Marek</b>	<b>631</b>	BRAK	Open M		03:03:44 DNF	06:03:28 DNF	12:35:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GAŁĄZKA Marcin</b>	<b>542</b>	ESK	Open M		03:03:52 DNF	06:03:25 DNF	12:35:48 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SILSKI Marek</b>	<b>638</b>	ATRAKCYJNE TOWARZYSTWO	Open M		03:12:11 DNF	06:22:31 DNF	13:07:10 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SILSKA Sylwia</b>	<b>637</b>	ATRAKCYJNE TOWARZYSTWO	Open K		03:12:20 DNF	06:22:43 DNF	13:07:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SALAMON Justyna</b>	<b>632</b>	TIGRES DEL PAPA	Open K		03:06:23 DNF	06:39:57 DNF	13:08:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JANKOWSKI Sebastian</b>	<b>562</b>		Open M		02:07:28 DNF	04:47:19 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SYPUŁA Waldemar</b>	<b>648</b>		Open M		02:39:40 DNF	05:15:05 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JÓZEFOWICZ Michał</b>	<b>564</b>		Open M		02:36:18 DNF	05:24:13 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KANIA Tomasz</b>	<b>567</b>		Open M		02:48:20 DNF	05:45:46 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>POTOCKI Maciej</b>	<b>623</b>	ORANGE POLSKA	Open M		02:57:05 DNF	05:47:19 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	Przełęcz		Chyrowa 82km	Net time 102.3km	Czas brutto 102.3km	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 30km						
	<b>KOWALEWSKI Łukasz</b>	<b>576</b>		Open M		02:39:29 DNF	05:48:15 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>LUŃÁK David</b>	<b>591</b>	RUNSPORT TEAM	Open M		02:39:08 DNF	05:57:35 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>MARMUROWICZ Krystian</b>	<b>599</b>	KOLOROWA DRUŻYNA NESSI	Open M		03:01:13 DNF	06:05:58 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>PARTYKA Andrzej</b>	<b>615</b>	RZESZOWSKIE GAZELE I GEPARDY KM	Open M		03:09:26 DNF	06:09:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>FARKAS Péter</b>	<b>535</b>		Open M		03:07:15 DNF	06:11:30 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>WEUSTENRAED Claire</b>	<b>664</b>	COOL CATS	Open K		03:14:40 DNF	06:33:05 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>HANGIEL Bolesław</b>	<b>551</b>		Open M		03:32:04 DNF	06:39:04 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>BUĆKO Artur</b>	<b>524</b>	TATAALI TEAM	Open M		03:17:44 DNF	06:43:40 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>HANGIEL Urszula</b>	<b>550</b>	ŻWAWIE ŻÓŁWIE	Open K		03:32:07 DNF	06:43:49 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>CHMIELOWSKA Anna</b>	<b>527</b>		Open K		03:13:24 DNF	06:48:52 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)

Total 152 results.