



# ŁEMKOWYNA ULTRA-TRAIL® 100

B4SPORT

**Event:** Łemkowna Ultra-Trail  
**Organiser:** Fundacja Ultra  
**Date:** 2021-10-23  
**Place:** Komańcza  
**Distance:** 102.3 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

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	Zdymia 34km	Bartne 47.3km	Hałbowska 64.2km	Chyrowa 80.4km	Nowa Wieś 90.6km	Cergowa 93.2km						
1	ZIAJKA Karol	502	FINISZ RYMANÓW/TRAILSHOP.PL	Open M	1	01:49:59	03:23:10	04:41:48	06:33:52	08:26:00	09:37:00			<b>10:54:07.70</b>	<b>10:54:09.85</b>		6:23	9.4 (100%)
2	GAWLIK Sławek	504	DYNAFIT TEAM POLAND	Open M	2	01:48:09	03:21:30	05:01:38	07:08:17	09:05:11	10:16:25			<b>11:39:19.30</b>	<b>11:39:20.25</b>	+00:45:10 (6.5%)	6:50	8.8 (93.6%)
3	PIECHA Artur	661	SALMING RUNNING TEAM POLAND	Open M	3	01:57:14	03:38:31	05:07:19	07:13:14	09:17:18	10:39:06			<b>12:02:56.55</b>	<b>12:02:59.00</b>	+01:08:49 (9.5%)	7:04	8.5 (90.4%)
4	SKOCZYŁAS Adrian	622	SKOCZYLIWLASY / STAY INSANE	Open M	4	02:05:06	03:57:42	05:24:41	07:28:03	09:31:35	10:52:59			<b>12:16:09.80</b>	<b>12:16:14.20</b>	+01:22:04 (11.1%)	7:11	8.3 (88.3%)
5	GONCZARENKO Jarek	537		Open M	5	01:57:19	03:38:27	05:07:35	07:15:45	09:28:32	10:53:07			<b>12:28:01.00</b>	<b>12:28:02.55</b>	+01:33:52 (12.5%)	7:18	8.2 (87.2%)
6	PUCHAŁA Radosław	613	KB SOBÓTKA	Open M	6	02:01:17	03:52:35	05:18:14	07:28:55	09:39:39	11:10:28			<b>12:42:58.05</b>	<b>12:43:00.00</b>	+01:48:50 (14.3%)	7:27	8 (85.1%)
7	MIKA Andrzej	586	PRZEDWOJEWSKI TEAM	Open M	7	01:57:28	03:41:48	05:16:13	07:29:49	09:45:45	11:14:30			<b>12:49:15.10</b>	<b>12:49:17.75</b>	+01:55:07 (15.0%)	7:31	8 (85.1%)
8	BANASZEK Adam	507	BIEGUSIEM.PL	Open M	8	02:09:17	03:57:28	05:25:08	07:30:25	09:54:39	11:27:11			<b>12:53:17.75</b>	<b>12:53:21.40</b>	+01:59:11 (15.4%)	7:33	7.9 (84.0%)
9	MORAWSKI Przemysław	592		Open M	9	02:03:05	03:48:51	05:19:43	07:33:28	09:50:00	11:29:15			<b>12:58:38.20</b>	<b>12:58:39.55</b>	+02:04:29 (16.0%)	7:36	7.9 (84.0%)
10	BIEŃ Przemysław	511	KS RYGLICE SEKCJA BIEGOWA	Open M	10	02:06:06	04:01:29	05:39:10	07:52:00	10:02:51	11:31:56			<b>13:03:39.05</b>	<b>13:03:41.70</b>	+02:09:31 (16.5%)	7:39	7.8 (83.0%)
11	WIERZCHOWIAK Karolina	501		Open K	1	02:06:01	03:57:25	05:31:46	07:55:35	10:10:51	11:36:36			<b>13:15:52.55</b>	<b>13:15:56.35</b>	+02:21:46 (17.8%)	7:46	7.7 (81.9%)
12	NARKOWICZ Aleksandra	505	SALOMON NORGE	Open K	2	02:13:12	04:10:10	05:46:40	08:05:51	10:23:53	11:52:39			<b>13:20:15.75</b>	<b>13:20:22.50</b>	+02:26:12 (18.3%)	7:49	7.7 (81.9%)
13	GOŚCINIEWICZ Paweł	539	ZIEMOWIT TEAM	Open M	11	02:12:50	04:06:33	05:41:34	08:01:03	10:19:07	11:53:09			<b>13:30:11.00</b>	<b>13:30:17.00</b>	+02:36:07 (19.3%)	7:55	7.6 (80.9%)
14	FORTUNA Norbert	529	BARTOSZ GORCZYCA TEAM/ KGHM ZGRUN	Open M	12	02:04:06	04:01:17	05:42:25	08:10:43	10:38:00	12:09:39			<b>13:36:00.20</b>	<b>13:36:01.55</b>	+02:41:51 (19.8%)	7:58	7.5 (79.8%)
15	JASTRZĘBSKI Szymon	546	BEZ SPONSORA	Open M	13	02:00:54	03:49:30	05:26:48	07:58:23	10:20:36	11:54:20			<b>13:35:58.95</b>	<b>13:36:02.05</b>	+02:41:52 (19.8%)	7:58	7.5 (79.8%)
16	CHMIEŁOWSKI Artur	519		Open M	14	02:39:34	04:49:18	06:25:39	08:37:02	11:04:45	12:33:06			<b>14:15:56.10</b>	<b>14:16:02.70</b>	+03:21:52 (23.6%)	8:22	7.2 (76.6%)
17	WRONA Mariusz	652		Open M	15	02:20:59	04:23:32	05:59:37	08:28:49	10:54:32	12:37:15			<b>14:19:13.90</b>	<b>14:19:18.40</b>	+03:25:08 (23.9%)	8:23	7.1 (75.5%)
18	WÓJCIK Ziemowit	650	ULTRA PRAWNIK/ CANES VENATICI	Open M	16	02:11:16	04:19:30	06:09:16	08:44:14	11:10:52	12:48:24			<b>14:19:36.75</b>	<b>14:19:40.45</b>	+03:25:30 (23.9%)	8:24	7.1 (75.5%)
19	JANUS Justyna	503	GOHARDORGOHOME	Open K	3	02:21:53	04:21:49	05:59:49	08:26:58	10:54:53	12:34:04			<b>14:19:37.25</b>	<b>14:19:42.00</b>	+03:25:32 (23.9%)	8:24	7.1 (75.5%)

Place	Participant	Number	Club	Category	MCat	Przełęcz								Net time	Czas brutto		Pace min/km	Pace km/h
						19.6km	Zdynia 34km	Bartne 47.3km	Hałbowska 64.2km	Chyrowa 80.4km	Nowa Wieś 90.6km	Cergowa 93.2km	102.3km		102.3km	Gap		
20	<b>MIGDAL Michał</b>	<b>585</b>	MARKOWI BIEGACZE	Open M	17	02:17:37	04:18:33	05:59:11	08:29:07	11:01:02	12:39:12		<b>14:19:47.40</b>	<b>14:19:50.95</b>	+03:25:41 (23.9%)	8:24	7.1 (75.5%)	
21	<b>LONC Tomasz</b>	<b>572</b>		Open M	18	02:17:55	04:21:11	06:01:45	08:29:37	10:55:22	12:43:14		<b>14:20:13.35</b>	<b>14:20:26.60</b>	+03:26:16 (24.0%)	8:24	7.1 (75.5%)	
22	<b>BIEŚ Bartosz</b>	<b>512</b>	KRYNICA ZDRÓJ	Open M	19	02:18:15	04:18:37	06:02:22	08:33:56	10:55:41	12:41:25		<b>14:20:39.30</b>	<b>14:20:49.60</b>	+03:26:39 (24.0%)	8:24	7.1 (75.5%)	
23	<b>MOCZYŃSKI Paweł</b>	<b>590</b>		Open M	20	02:05:54	04:00:48	05:37:51	08:02:58	10:45:10	12:33:03		<b>14:28:42.00</b>	<b>14:28:46.20</b>	+03:34:36 (24.7%)	8:29	7.1 (75.5%)	
24	<b>TUSZYŃSKI Zygmunt</b>	<b>637</b>	PGE RUN OBRÓT	Open M	21	02:20:02	04:22:12	06:03:03	08:50:44	11:18:39	12:52:43	13:27:16	<b>14:31:19.75</b>	<b>14:31:22.10</b>	+03:37:12 (24.9%)	8:31	7 (74.5%)	
25	<b>STEMPKOWICZ Jacek</b>	<b>627</b>		Open M	22	02:11:56	04:15:25	05:59:38	08:24:19	10:58:35	12:45:42		<b>14:34:09.55</b>	<b>14:34:16.90</b>	+03:40:07 (25.2%)	8:32	7 (74.5%)	
26	<b>SZCZUREK Dominik</b>	<b>630</b>	KIA WADOWSCY	Open M	23	02:09:11	04:04:56	05:56:20	08:32:15	11:16:11	13:00:28		<b>14:39:48.55</b>	<b>14:39:52.75</b>	+03:45:42 (25.7%)	8:36	7 (74.5%)	
27	<b>MIKOŁAJCZYK Mirosław</b>	<b>587</b>	MIRAZ RACE TEAM	Open M	24	02:11:19	04:25:32	06:04:03	09:05:39	11:28:55	13:08:07		<b>14:40:01.25</b>	<b>14:40:06.90</b>	+03:45:57 (25.7%)	8:36	7 (74.5%)	
28	<b>DUC-SYPOSZ Aureliusz</b>	<b>526</b>		Open M	25	02:19:18	04:22:09	06:04:22	08:40:30	11:11:31	12:54:14		<b>14:41:37.90</b>	<b>14:41:46.40</b>	+03:47:36 (25.8%)	8:37	7 (74.5%)	
29	<b>PIASKOWSKI Marcin</b>	<b>603</b>	ZAKOCHAJ SIĘ W BIEGANIU	Open M	26	02:18:53	04:30:31	06:17:13	08:50:46	11:20:19	12:58:40		<b>14:47:07.95</b>	<b>14:47:13.35</b>	+03:53:03 (26.3%)	8:40	6.9 (73.4%)	
30	<b>GRUNWALD Artur</b>	<b>542</b>		Open M	27	02:18:55	04:21:25	06:01:15	08:37:40	11:20:21	13:07:06		<b>14:54:03.45</b>	<b>14:54:13.50</b>	+04:00:03 (26.8%)	8:44	6.9 (73.4%)	
31	<b>MIOTK Marcin</b>	<b>588</b>	MIOTK.PL KLUB WYSOKOGÓRSKI WARSZAWA	Open M	28	02:03:02	04:01:10	05:56:38	08:25:35	11:06:38	12:56:38		<b>15:16:01.80</b>	<b>15:16:03.35</b>	+04:21:53 (28.6%)	8:57	6.7 (71.3%)	
32	<b>DZIEDZIC Krzysztof</b>	<b>528</b>	RUNNINGPERFORMANCE.PL	Open M	29	02:21:47	04:37:42	06:21:59	09:03:22	11:47:59	13:38:19		<b>15:24:27.55</b>	<b>15:24:34.90</b>	+04:30:25 (29.2%)	9:02	6.6 (70.2%)	
33	<b>MORAWSKI Filip</b>	<b>591</b>	KRAKOWIAK ULTRA TEAM	Open M	30	02:33:44	04:53:21	06:38:35	09:21:40	11:59:28	13:45:22		<b>15:24:37.85</b>	<b>15:24:46.30</b>	+04:30:36 (29.3%)	9:02	6.6 (70.2%)	
33	<b>NOWAK Marcin</b>	<b>597</b>	ULTRA TEAM KRAKOWIAK	Open M	30	02:33:37	04:53:19	06:40:26	09:21:29	11:59:31	13:45:20		<b>15:24:37.60</b>	<b>15:24:46.30</b>	+04:30:36 (29.3%)	9:02	6.6 (70.2%)	
35	<b>LATOS Marcin</b>	<b>565</b>	EUROCLEAR RUNNING TEAM	Open M	32	02:18:28	04:30:20	06:22:48	08:56:41	11:39:57	13:40:19		<b>15:25:58.95</b>	<b>15:26:02.35</b>	+04:31:52 (29.4%)	9:03	6.6 (70.2%)	
36	<b>GORZKOWSKI Paweł</b>	<b>538</b>	STOPA SŁUPSK	Open M	33	02:13:21	04:18:56	06:13:29	09:05:29	11:50:13	13:44:05		<b>15:35:56.50</b>	<b>15:36:03.10</b>	+04:41:53 (30.1%)	9:08	6.6 (70.2%)	
37	<b>JUSZCZYK Łukasz</b>	<b>551</b>	NIEPOŁOMICE BIEGAJĄ	Open M	34	02:19:28	04:35:04	06:20:58	09:19:10	12:02:12	13:47:43		<b>15:44:28.20</b>	<b>15:44:31.45</b>	+04:50:21 (30.7%)	9:13	6.5 (69.1%)	
38	<b>WOŁOSZYN Artur</b>	<b>648</b>		Open M	35	02:56:58	05:22:08	07:17:15	09:52:36	12:26:30	14:05:47		<b>15:48:54.15</b>	<b>15:49:00.10</b>	+04:54:50 (31.1%)	9:16	6.5 (69.1%)	
39	<b>POTAŚ Agnieszka</b>	<b>610</b>	BIEGOWA KUŹNIA	Open K	4	02:37:26	04:57:03	06:45:05	09:31:56	12:09:32	13:57:11		<b>15:52:20.10</b>	<b>15:52:27.40</b>	+04:58:17 (31.3%)	9:18	6.4 (68.1%)	
40	<b>KOBIERSKI Piotr</b>	<b>506</b>	UKA ULTRAS RUNNERS	Open M	36	02:13:53	04:16:56	06:04:12	09:03:21	11:50:01	13:54:48	14:32:53	<b>15:57:38.95</b>	<b>15:57:41.25</b>	+05:03:31 (31.7%)	9:21	6.4 (68.1%)	
41	<b>WILK Paweł</b>	<b>642</b>	STACJA GROCHÓW S.C.	Open M	37	02:31:54	04:44:58	06:32:58	09:18:43	12:09:42	14:04:29		<b>16:11:37.70</b>	<b>16:11:45.35</b>	+05:17:35 (32.7%)	9:29	6.3 (67.0%)	
42	<b>NOWAK Adam</b>	<b>596</b>	TRI&MORE	Open M	38	02:37:24	04:55:07	06:47:39	09:39:39	12:28:34	14:22:14		<b>16:11:29.35</b>	<b>16:11:45.45</b>	+05:17:35 (32.7%)	9:29	6.3 (67.0%)	
43	<b>BINIENDA Agnieszka</b>	<b>513</b>	KOBIETY WATAHY	Open K	5	02:33:07	04:56:48	06:45:10	09:39:11	12:34:07	14:26:01		<b>16:14:52.75</b>	<b>16:14:59.75</b>	+05:20:49 (32.9%)	9:31	6.3 (67.0%)	
44	<b>WOJCIECHOWSKI Dariusz</b>	<b>647</b>	KRAKOWIAK ULTRA TEAM / I-SPORT	Open M	39	02:33:45	04:53:23	06:41:56	09:34:02	12:26:36	14:21:29		<b>16:16:40.85</b>	<b>16:16:50.15</b>	+05:22:40 (33.0%)	9:32	6.3 (67.0%)	
45	<b>RZEŹNICZEK Anna</b>	<b>618</b>		Open K	6	02:41:39	05:03:27	06:57:07	09:46:03	12:33:51	14:26:47		<b>16:16:36.10</b>	<b>16:16:55.10</b>	+05:22:45 (33.0%)	9:32	6.3 (67.0%)	
46	<b>ZIELIŃSKI Paweł</b>	<b>658</b>	RUCH IZBICA	Open M	40	02:35:13	04:44:54	06:34:44	09:28:01	12:25:25	14:26:16		<b>16:17:45.85</b>	<b>16:17:52.80</b>	+05:23:42 (33.1%)	9:33	6.3 (67.0%)	

Place	Participant	Number	Club	Category	MCat	Przełęcz								Net time	Czas brutto	Pace min/km	Pace km/h
						19.6km	Zdynia 34km	Bartne 47.3km	Hałbowska 64.2km	Chyrowa 80.4km	Nowa Wieś 90.6km	Cergowa 93.2km	102.3km				
47	<b>WINCEK Jarosław</b>	<b>643</b>		Open M	41	02:39:37	04:57:39	06:49:55	09:31:12	12:30:40	14:27:30		<b>16:23:17.30</b>	<b>16:23:29.10</b>	+05:29:19 (33.5%)	9:36	6.2 (66.0%)
48	<b>TKACZUK Anna</b>	<b>632</b>		Open K	7	02:37:28	04:56:58	06:45:26	09:34:42	12:28:15	14:26:01		<b>16:33:55.10</b>	<b>16:34:03.25</b>	+05:39:53 (34.2%)	9:42	6.2 (66.0%)
49	<b>ZYŚKO Tomasz</b>	<b>659</b>		Open M	42	02:33:10	04:56:54	07:04:08	10:05:31	12:52:56	14:45:14		<b>16:38:34.30</b>	<b>16:38:41.25</b>	+05:44:31 (34.5%)	9:45	6.1 (64.9%)
50	<b>GABZDYL Michał</b>	<b>532</b>	KW KRAKÓW	Open M	43	02:49:59	05:16:10	07:16:41	10:10:12	12:52:33	14:53:03		<b>16:42:11.85</b>	<b>16:42:25.45</b>	+05:48:15 (34.7%)	9:47	6.1 (64.9%)
51	<b>STANGRECIAK Adam</b>	<b>626</b>		Open M	44	02:56:11	05:23:54	07:19:56	10:09:19	12:58:47	14:55:13		<b>16:52:53.95</b>	<b>16:53:07.45</b>	+05:58:57 (35.4%)	9:54	6.1 (64.9%)
52	<b>TROCHANOWSKI Krystian</b>	<b>636</b>		Open M	45	02:43:05	05:10:19	07:01:03	09:46:16	12:46:12	14:48:12		<b>16:53:49.50</b>	<b>16:54:07.80</b>	+05:59:57 (35.5%)	9:54	6.1 (64.9%)
53	<b>KMITA Krzysztof</b>	<b>555</b>		Open M	46	02:21:43	04:44:56	06:44:08	09:42:15	12:52:45	14:54:58		<b>16:55:36.15</b>	<b>16:55:42.25</b>	+06:01:32 (35.6%)	9:55	6 (63.8%)
54	<b>RAJTAR Zbigniew</b>	<b>614</b>	RONTIL-COMPASS	Open M	47	02:33:03	05:01:28	07:00:20	09:54:39	12:54:23	14:56:00		<b>16:55:39.25</b>	<b>16:55:42.95</b>	+06:01:33 (35.6%)	9:55	6 (63.8%)
55	<b>MIELNICZEK Grzegorz</b>	<b>584</b>	B.RUNNER	Open M	48	02:39:01	05:00:35	06:54:48	09:45:15	12:49:35	14:56:23		<b>17:06:21.70</b>	<b>17:06:36.80</b>	+06:12:26 (36.3%)	10:01	6 (63.8%)
56	<b>FRANKIEWICZ Artur</b>	<b>530</b>		Open M	49	02:38:07	05:27:43	07:43:16	10:33:22	13:26:04	15:21:13		<b>17:10:17.95</b>	<b>17:10:25.40</b>	+06:16:15 (36.5%)	10:04	6 (63.8%)
57	<b>URBANIAK Łukasz</b>	<b>638</b>		Open M	50	02:45:58	05:14:05	07:11:43	10:17:57	13:22:27	15:29:44		<b>17:26:14.60</b>	<b>17:26:19.65</b>	+06:32:09 (37.5%)	10:13	5.9 (62.8%)
58	<b>KINCEL Krzysztof</b>	<b>662</b>		Open M	51	02:52:12	05:37:25	07:32:04	10:26:59	13:26:02	15:17:30		<b>17:26:37.95</b>	<b>17:26:50.20</b>	+06:32:40 (37.5%)	10:13	5.9 (62.8%)
59	<b>WIŚNIEWSKA Barbara</b>	<b>644</b>	SPARTA RUNNERS	Open K	8	02:39:37	05:07:25	07:04:12	10:05:59	13:15:51	15:18:05		<b>17:27:42.90</b>	<b>17:27:49.15</b>	+06:33:39 (37.6%)	10:14	5.9 (62.8%)
60	<b>SZARANIEC Sebastian</b>	<b>629</b>	MCBIEGACZE	Open M	52	02:39:30	05:07:37	07:01:04	09:54:41	12:58:15	15:13:17		<b>17:27:57.70</b>	<b>17:28:02.45</b>	+06:33:52 (37.6%)	10:14	5.9 (62.8%)
61	<b>GOŹDZIŃSKI Przemysław</b>	<b>540</b>	JURMET	Open M	53	02:36:24	05:15:44	07:25:57	10:45:23	13:42:14	15:43:55		<b>17:39:45.10</b>	<b>17:39:51.35</b>	+06:45:41 (38.3%)	10:21	5.8 (61.7%)
62	<b>ZAJĄC Łukasz</b>	<b>655</b>	KOMPARIO TEAM	Open M	54	02:52:08	05:30:16	07:28:57	10:31:55	13:34:04	15:41:01		<b>17:40:47.35</b>	<b>17:40:54.50</b>	+06:46:44 (38.3%)	10:22	5.8 (61.7%)
63	<b>TADYCH Mariusz</b>	<b>631</b>		Open M	55	02:36:29	05:15:47	07:26:12	10:45:27	13:43:11	15:44:03		<b>17:42:10.50</b>	<b>17:42:16.30</b>	+06:48:06 (38.4%)	10:22	5.8 (61.7%)
64	<b>MARKOWSKA-MIKULSKA Halina</b>	<b>579</b>		Open K	9	02:52:50	05:25:21	07:32:11	10:26:24	13:25:40	15:35:26		<b>17:43:41.45</b>	<b>17:43:51.25</b>	+06:49:41 (38.5%)	10:23	5.8 (61.7%)
64	<b>CZARNECKI Zbigniew</b>	<b>522</b>		Open M	56	02:54:40	05:16:48	07:16:58	10:20:40	13:22:08	15:32:00		<b>17:43:35.45</b>	<b>17:43:51.25</b>	+06:49:41 (38.5%)	10:23	5.8 (61.7%)
66	<b>MAŚLAK Radomił</b>	<b>582</b>	STARE BABICE BIEGAJĄ	Open M	57	02:54:18	05:25:18	07:32:09	10:28:16	13:25:31	15:35:09		<b>17:43:35.55</b>	<b>17:43:51.45</b>	+06:49:41 (38.5%)	10:23	5.8 (61.7%)
67	<b>PERUN Włodzimierz</b>	<b>602</b>	RUSYN-LEM ŁEMKOWSKA GRUPA BIEGOWA	Open M	58	02:43:02	05:10:23	07:01:23	10:10:26	13:24:13	15:34:03		<b>17:51:00.20</b>	<b>17:51:18.70</b>	+06:57:08 (38.9%)	10:28	5.7 (60.6%)
68	<b>BODZEK Bartek</b>	<b>515</b>		Open M	59	03:13:18	05:57:57	08:03:21	11:08:23	14:05:25	16:10:26		<b>17:55:28.30</b>	<b>17:55:40.65</b>	+07:01:30 (39.2%)	10:30	5.7 (60.6%)
69	<b>ZABOROWSKI Kamil</b>	<b>654</b>	ZALINIAMETY	Open M	60	02:36:35	04:58:03	07:08:20	10:09:54	13:28:43	15:44:48		<b>18:03:43.65</b>	<b>18:03:52.25</b>	+07:09:42 (39.6%)	10:35	5.7 (60.6%)
70	<b>BORSZYNSKI Kuba</b>	<b>518</b>		Open M	61	02:36:45	04:58:05	07:08:26	10:09:40	13:28:49	15:44:44		<b>18:03:44.40</b>	<b>18:03:52.80</b>	+07:09:42 (39.6%)	10:35	5.7 (60.6%)
71	<b>MUCHA Robert</b>	<b>593</b>		Open M	62	03:04:52	05:40:23	07:50:42	10:56:29	13:59:42	16:04:55		<b>18:07:03.85</b>	<b>18:07:15.30</b>	+07:13:05 (39.8%)	10:37	5.6 (59.6%)
72	<b>MISIAK Mirosław</b>	<b>589</b>	WIŁOROGI	Open M	63	02:33:08	04:50:41	06:47:23	10:00:58	13:22:51	15:56:35		<b>18:24:03.60</b>	<b>18:24:18.50</b>	+07:30:08 (40.8%)	10:47	5.6 (59.6%)

Place	Participant	Number	Club	Category	MCat	Przełęcz								Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 34km	Bartne 47.3km	Hałbowska 64.2km	Chyrowa 80.4km	Nowa Wieś 90.6km	Cergowa 93.2km	102.3km					
73	<b>MAJEWSKI Tomasz</b>	<b>574</b>	WIDŁOROGI	Open M	64	02:33:11	04:50:44	06:47:22	10:01:18	13:23:08	15:57:18		<b>18:24:07.45</b>	<b>18:24:21.95</b>	+07:30:12 (40.8%)	10:47	5.6 (59.6%)	
74	<b>MALSKI Tomasz</b>	<b>578</b>		Open M	65	02:41:50	05:15:38	07:11:36	10:21:31	13:29:55	15:57:09		<b>18:24:07.25</b>	<b>18:24:23.45</b>	+07:30:13 (40.8%)	10:47	5.6 (59.6%)	
75	<b>SMOLEN Witold</b>	<b>624</b>		Open M	66	02:21:02	04:53:09	06:53:15	10:11:33	13:54:06	16:29:02		<b>18:25:06.05</b>	<b>18:25:20.70</b>	+07:31:10 (40.8%)	10:48	5.6 (59.6%)	
76	<b>WILGAT Adam</b>	<b>641</b>	WARSAW RUN CLUB	Open M	67	02:52:20	05:25:28	07:31:20	10:31:51	13:45:46	15:59:04		<b>18:32:00.05</b>	<b>18:32:08.75</b>	+07:37:58 (41.2%)	10:52	5.5 (58.5%)	
77	<b>WÓJCIK Jacek</b>	<b>649</b>		Open M	68	02:48:16	05:30:32	07:36:23	10:59:03	14:17:35	16:38:13		<b>18:39:45.50</b>	<b>18:39:53.50</b>	+07:45:43 (41.6%)	10:56	5.5 (58.5%)	
78	<b>BOGDANOWICZ Robert</b>	<b>516</b>	GLC GDAŃSK	Open M	69	03:01:12	05:53:27	08:02:01	11:08:03	14:27:23	16:44:16		<b>18:39:42.00</b>	<b>18:39:55.60</b>	+07:45:45 (41.6%)	10:56	5.5 (58.5%)	
79	<b>ŁACHACZ Karol</b>	<b>573</b>		Open M	70	02:53:52	05:21:05	07:18:55	10:36:36	13:53:46	16:18:25		<b>18:43:28.40</b>	<b>18:43:40.75</b>	+07:49:30 (41.8%)	10:58	5.5 (58.5%)	
80	<b>PISKORSKI Krzysztof</b>	<b>606</b>		Open M	71	03:01:22	05:53:31	08:02:06	11:07:59	14:27:45	16:44:13	17:27:56	<b>18:46:52.45</b>	<b>18:47:05.40</b>	+07:52:55 (42.0%)	11:00	5.4 (57.4%)	
81	<b>WYŻKIEWICZ Tomasz</b>	<b>653</b>	DRWMYBUTY	Open M	72	03:04:13	05:55:42	07:49:01	11:10:33	14:19:26	16:32:10		<b>18:48:29.20</b>	<b>18:48:41.70</b>	+07:54:31 (42.0%)	11:01	5.4 (57.4%)	
82	<b>KRAUZE Tomasz</b>	<b>558</b>	GRUPA BIEGOWA WROCŁAWSKIE MORSY	Open M	73	03:04:40	05:53:30	07:55:47	11:07:47	14:30:23	16:53:07		<b>18:58:39.25</b>	<b>18:58:57.30</b>	+08:04:47 (42.6%)	11:07	5.4 (57.4%)	
83	<b>MAKOWSKI Maciej</b>	<b>576</b>		Open M	74	02:38:57	05:02:07	07:12:59	10:36:28	14:02:26	16:33:31		<b>18:59:12.10</b>	<b>18:59:27.90</b>	+08:05:18 (42.6%)	11:08	5.4 (57.4%)	
84	<b>ZAWADA Michał</b>	<b>657</b>	SPRYTNE WIEWIÓRKI	Open M	75	02:48:08	05:18:57	07:24:38	10:42:30	13:58:12	16:27:49		<b>19:02:15.95</b>	<b>19:02:25.65</b>	+08:08:15 (42.7%)	11:09	5.4 (57.4%)	
85	<b>BIAŁEK Rafał</b>	<b>509</b>		Open M	76	02:49:34	05:20:20	07:31:08	10:50:04	14:27:51	16:49:20		<b>19:07:16.10</b>	<b>19:07:29.75</b>	+08:13:19 (43.0%)	11:12	5.4 (57.4%)	
86	<b>GASIECKI Andrzej</b>	<b>533</b>	PIASKOWY DZIADEK	Open M	77	02:42:52	05:22:05	07:32:33	10:43:22	14:09:13	16:38:24		<b>19:11:31.50</b>	<b>19:11:41.75</b>	+08:17:31 (43.2%)	11:15	5.3 (56.4%)	
87	<b>LEYK Daniel</b>	<b>570</b>	LEYK TEAM	Open M	78	03:03:41	05:45:12	07:47:40	10:47:04	14:09:30	16:38:10		<b>19:14:23.60</b>	<b>19:14:41.00</b>	+08:20:31 (43.3%)	11:17	5.3 (56.4%)	
88	<b>CIEŚLIK Paweł</b>	<b>520</b>	ROZBIEGAJMY RADOMSKO	Open M	79	02:32:03	05:02:07	07:13:22	10:44:51	14:24:47	16:51:51		<b>19:20:01.80</b>	<b>19:20:06.20</b>	+08:25:56 (43.6%)	11:20	5.3 (56.4%)	
89	<b>PINTENICS Gyözö</b>	<b>605</b>	RUNLOVERS	Open M	80	02:54:59	05:45:28	08:01:11	11:23:09	14:47:53	17:12:30		<b>19:35:52.55</b>	<b>19:36:00.55</b>	+08:41:50 (44.4%)	11:29	5.2 (55.3%)	
90	<b>RESZKA Piotr</b>	<b>616</b>	RAINBOW UNICORNS	Open M	81	02:57:39	05:44:01	07:49:28	11:17:05	14:47:47	17:25:42		<b>19:46:40.60</b>	<b>19:46:49.60</b>	+08:52:39 (44.9%)	11:35	5.2 (55.3%)	
91	<b>SMOLIŃSKI Paweł</b>	<b>625</b>	RAINBOW UNICORNS	Open M	82	02:57:42	05:44:15	07:49:21	11:17:07	14:48:01	17:25:37		<b>19:46:40.85</b>	<b>19:46:50.00</b>	+08:52:40 (44.9%)	11:35	5.2 (55.3%)	
92	<b>LIS Tomasz</b>	<b>571</b>	MCBIEGACZE	Open M	83	02:40:55	05:19:23	07:25:01	10:34:35	14:15:11	17:08:00		<b>19:49:58.35</b>	<b>19:50:03.40</b>	+08:55:53 (45.0%)	11:37	5.2 (55.3%)	
93	<b>FUKS Szymon</b>	<b>531</b>	MCBIEGACZE	Open M	84	02:39:32	05:07:39	07:19:00	10:33:07	14:15:15	17:08:09		<b>19:50:34.45</b>	<b>19:50:39.60</b>	+08:56:29 (45.1%)	11:38	5.2 (55.3%)	
94	<b>MARZAŁEK Andrzej</b>	<b>580</b>		Open M	85	02:43:58	05:15:08	07:24:30	10:40:37	14:08:29	17:21:57		<b>19:53:50.15</b>	<b>19:53:59.30</b>	+08:59:49 (45.2%)	11:40	5.1 (54.3%)	
95	<b>GRZYBOWSKI Tomasz</b>	<b>543</b>		Open M	86	02:44:02	05:15:11	07:24:43	10:40:50	14:09:25	17:22:01		<b>19:53:50.90</b>	<b>19:54:00.20</b>	+08:59:50 (45.2%)	11:40	5.1 (54.3%)	
96	<b>KŁOPOTOWSKA SOSNA Kaska</b>	<b>554</b>	UNLIMITED SPORT 2.0	Open K	10	03:00:53	05:54:04	08:12:46	11:40:19	15:13:34	17:41:16		<b>19:55:00.60</b>	<b>19:55:18.15</b>	+09:01:08 (45.3%)	11:40	5.1 (54.3%)	
97	<b>BOROWIK Tomasz</b>	<b>517</b>	ATOM	Open M	87	03:00:43	05:54:07	08:12:49	11:40:37	15:13:37	17:41:20		<b>19:55:02.10</b>	<b>19:55:19.25</b>	+09:01:09 (45.3%)	11:40	5.1 (54.3%)	
98	<b>CIOSEK Beata</b>	<b>521</b>	AUGUSTEAM	Open K	11	02:49:22	05:46:29	07:57:59	11:22:44	14:53:15	17:29:28		<b>20:00:50.00</b>	<b>20:01:00.55</b>	+09:06:50 (45.5%)	11:44	5.1 (54.3%)	
99	<b>GROMADZKA Justyna</b>	<b>541</b>	KOBIETY WATACHY	Open K	12	03:05:23	06:03:47	08:14:12	11:38:36	15:04:33	17:29:36		<b>20:00:52.70</b>	<b>20:01:00.80</b>	+09:06:50 (45.5%)	11:44	5.1 (54.3%)	

Place	Participant	Number	Club	Category	MCat	Przełęcz								Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						19.6km	Zdynia 34km	Bartne 47.3km	Hałbowska 64.2km	Chyrowa 80.4km	Nowa Wieś 90.6km	Cergowa 93.2km	102.3km					
100	MURCHA Paweł	594	AUGUSTEAM	Open M	88	02:49:26	05:46:27	07:58:02	11:22:47	14:53:12	17:29:32		20:00:50.85	20:01:01.50	+09:06:51 (45.5%)	11:44	5.1 (54.3%)	
101	LEGUTKO Włodzimierz	566		Open M	89	03:13:40	05:58:36	08:08:25	11:23:39	14:49:35	17:24:30		20:09:42.75	20:09:54.95	+09:15:45 (45.9%)	11:49	5.1 (54.3%)	
102	IDZIKOWSKI Piotr	545	DANGANDZIOWY	Open M	90	03:24:13	06:15:27	08:37:50	12:15:39	15:23:53	17:52:25		20:17:06.15	20:17:23.70	+09:23:13 (46.3%)	11:53	5 (53.2%)	
103	TOKARZ Marcin	633		Open M	91	02:49:31	05:29:40	07:42:25	11:11:53	14:55:41	17:45:41		20:17:50.75	20:17:59.75	+09:23:49 (46.3%)	11:54	5 (53.2%)	
104	RUDZIŃSKI Tomasz	617	KUNA W AGREŚCIE	Open M	92	03:02:31	05:45:56	08:00:55	11:30:37	15:02:32	17:29:50		20:31:31.50	20:31:47.00	+09:37:37 (46.9%)	12:02	5 (53.2%)	
105	TOL Kamil	635	KUNA W AGREŚCIE	Open M	93	03:02:42	05:46:00	08:00:58	11:30:30	15:02:35	17:29:52		20:31:30.90	20:31:47.05	+09:37:37 (46.9%)	12:02	5 (53.2%)	
105	TOL Monika	634	MAFIA TEAM LUBLINIEC	Open K	13	03:02:38	05:45:49	08:00:50	11:28:48	15:01:43	17:29:34		20:31:31.00	20:31:47.05	+09:37:37 (46.9%)	12:02	5 (53.2%)	
107	SILSKA Sylwia	620	ATRAKCYJNE TOWARZYSTWO	Open K	14	03:11:43	06:15:09	08:23:42	11:46:06	15:11:08	17:53:31		20:33:05.55	20:33:20.45	+09:39:10 (47.0%)	12:03	5 (53.2%)	
108	CZARNIECKI Tadeusz	523	OSHEE LIVE FIGHT WIN	Open M	94	03:02:05	05:55:40	08:22:34	11:41:18	15:32:43	17:59:23		20:35:44.25	20:35:54.15	+09:41:44 (47.1%)	12:04	5 (53.2%)	
109	DETKO Ewa	525		Open K	15	03:04:57	05:58:36	08:37:26	12:02:11	15:35:16	17:52:18		20:35:37.65	20:35:54.45	+09:41:44 (47.1%)	12:04	5 (53.2%)	
110	JASZEK Paweł	547		Open M	95	02:40:28	05:14:41	07:28:42	10:57:52	14:53:00	17:36:39		20:35:46.10	20:36:00.00	+09:41:50 (47.1%)	12:04	5 (53.2%)	
111	BODNAR Adrian	514		Open M	96	02:43:48	05:28:41	07:39:12	11:20:43	15:02:10	17:44:47		20:37:21.65	20:37:26.80	+09:43:16 (47.1%)	12:05	5 (53.2%)	
112	KAMIŃSKI Krzysztof	552		Open M	97	02:54:17	05:54:33	08:23:38	11:57:08	15:45:46	18:27:47		20:48:13.60	20:48:26.55	+09:54:16 (47.6%)	12:12	4.9 (52.1%)	
113	MIECHOWICZ Małgorzata	583	LEŻACZE ŁĄKOWI	Open K	16	02:52:12	05:37:29	07:50:53	11:22:50	15:22:15	17:55:07		20:59:43.40	20:59:55.30	+10:05:45 (48.1%)	12:18	4.9 (52.1%)	
114	PASELLA Michał	600	WATAHA ADVENTURE - GUŻCE I ŚWINIURY	Open M	98	03:10:55	06:14:41	08:46:36	12:40:00	16:12:28	18:31:36		21:02:37.90	21:02:43.55	+10:08:33 (48.2%)	12:20	4.9 (52.1%)	
115	PASELLA Krzysztof	601	WATAHA ADVENTURE	Open M	99	03:10:57	06:14:44	08:46:39	12:39:55	16:12:30	18:31:40		21:02:37.70	21:02:43.70	+10:08:33 (48.2%)	12:20	4.9 (52.1%)	
116	JURKIEWICZ Marek	550		Open M	100	03:23:14	06:21:35	08:47:18	12:22:19	15:50:09	18:35:14		21:08:07.25	21:08:14.00	+10:14:04 (48.4%)	12:23	4.8 (51.1%)	
117	POWAŁOWSKI Marcin	612		Open M	101	03:13:29	06:07:48	08:27:27	12:15:17	15:49:38	18:27:44		21:08:31.20	21:08:42.65	+10:14:32 (48.4%)	12:23	4.8 (51.1%)	
118	POWAŁOWSKA Danka	611		Open K	17	03:13:35	06:07:51	08:27:30	12:15:27	15:49:44	18:27:42		21:08:32.10	21:08:43.10	+10:14:33 (48.4%)	12:24	4.8 (51.1%)	
119	WITKA Grażyna	645	GARCZEGORZE BIEGA	Open K	18	03:17:25	06:16:19	08:41:36	12:18:35	15:55:20	18:38:43		21:18:48.40	21:19:03.00	+10:24:53 (48.9%)	12:30	4.8 (51.1%)	
120	WITKA Piotr	646	GARCZEGORZE BIEGA	Open M	102	03:17:12	06:16:22	08:41:41	12:18:25	15:55:28	18:38:47		21:18:48.70	21:19:03.20	+10:24:53 (48.9%)	12:30	4.8 (51.1%)	
121	MAKOWSKI Jan	577		Open M	103	03:03:56	06:40:16	08:54:38	12:10:13	15:51:38	18:56:35		21:32:05.60	21:32:14.50	+10:38:04 (49.4%)	12:37	4.8 (51.1%)	
122	KOWALCZYK Adam	557	PRAWDZIWA STOLICA POLSKI	Open M	104	02:42:02	05:24:53	07:40:32	11:42:44	15:47:47	18:25:07		21:32:13.90	21:32:15.75	+10:38:05 (49.4%)	12:37	4.7 (50.0%)	
123	POCIĘGIEL Michał	608	SKAWINA BIEGA	Open M	105	03:11:47	06:12:45	08:44:40	12:38:58	16:28:46	19:05:29		21:36:29.20	21:36:46.00	+10:42:36 (49.6%)	12:40	4.7 (50.0%)	
124	PARYSZ Anna	599	STARE BABICE BIEGAJĄ	Open K	19	03:30:08	06:40:33	09:06:43	12:49:47	16:28:41	18:50:56		21:36:49.20	21:37:07.25	+10:42:57 (49.6%)	12:40	4.7 (50.0%)	
125	SŁAWIŃSKI Patryk	623	AKADEMIA SPORTU OTWOCK	Open M	106	02:47:21	05:46:32	08:11:38	12:15:22	16:21:00	19:02:22	19:51:02	21:39:20.75	21:39:23.65	+10:45:13 (49.7%)	12:42	4.7 (50.0%)	
126	GIENIECZKO Marcin	534	BRAK	Open M	107	02:58:48	06:05:50	08:30:45	12:28:16	16:28:11	19:06:28		21:48:04.45	21:48:07.65	+10:53:57 (50.0%)	12:47	4.7 (50.0%)	

Place	Participant	Number	Club	Category	MCat	Przełęcz					Nowa Wieś	Cergowa	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						Ropki 19.6km	Zdynia 34km	Bartne 47.3km	Hałbowska 64.2km	Chyrowa 80.4km							
127	<b>POPP Zdenál</b>	<b>609</b>		Open M	108	03:35:18	06:29:08	08:59:18	12:39:20	16:31:27	19:04:29		<b>21:52:09.55</b>	<b>21:52:21.75</b>	+10:58:11 (50.2%)	12:49	4.7 (50.0%)
<b>Przekroczony limit czasu: 22:00:00</b>																	
128	<b>MAKOWSKA Anna</b>	<b>575</b>		Open K	20	03:29:28	06:40:13	09:02:34	12:46:25	16:38:13	19:35:06		<b>22:00:45.95</b>	<b>22:01:02.80</b>	+11:06:52 (50.5%)	12:54	4.6 (48.9%)
DNC	<b>ŻAK Robert</b>	<b>656</b>	TYGRIS I BIEDRONKA	Open M		03:35:42	06:28:57	08:59:08	12:38:28	16:31:33	19:04:14		<b>21:52:10.25</b>	<b>21:52:21.55</b>		0:00	4.7 (50.0%)
	<b>KRÓTKI Stanisław</b>	<b>560</b>		Open M		02:12:34 DNF	04:17:11 DNF	06:07:58 DNF	08:37:01 DNF	11:42:42 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KRUKAR Jakub</b>	<b>561</b>		Open M		03:05:35 DNF	06:07:56 DNF	08:23:43 DNF	12:03:05 DNF	15:52:48 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OSTASZEWSKI Mariusz</b>	<b>598</b>		Open M		02:56:36 DNF	06:01:40 DNF	08:24:10 DNF	12:20:36 DNF	16:31:48 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SULIGA Paweł</b>	<b>628</b>		Open M		03:11:37 DNF	06:13:43 DNF	08:50:14 DNF	12:48:36 DNF	16:35:49 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WIETECHA Paweł</b>	<b>640</b>		Open M		03:04:35 DNF	06:03:40 DNF	08:46:05 DNF	13:06:21 DNF	18:01:45 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LEWANDOWSKI Leszek</b>	<b>569</b>	POWSTAŃCY Z KANAPY	Open M		02:56:38 DNF	05:46:26 DNF	07:59:53 DNF	11:46:10 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SILSKI Marek</b>	<b>621</b>	ATRAKCYJNE TOWARZYSTWO	Open M		03:11:35 DNF	06:15:07 DNF	09:01:49 DNF	13:04:41 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUCHMECKI Maciej</b>	<b>562</b>		Open M		02:58:00 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RAĆZKA Rafał</b>	<b>615</b>		Open M		03:04:13 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GRZYBOWSKI Michał</b>	<b>544</b>		Open M		04:01:20 DNF	DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 139 results.