



OCHOTNICA CHALLENGE 20 KM

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Event: Gorce Ultra-Trail 2020
Organiser: Fundacja Run Vegan - GUT
Date: 2020-08-02
Place: Ochotnica Dolna
Distance: 20 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: Open M

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Penalty/ bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
1	MAREK Dariusz	1000	MONK SANDALS TEAM	M 35	1	00:00:04	00:47:06	01:03:37	01:05:54		01:38:00.05	01:38:04.85		4:54	12.2 (100%)
2	BARANOW Łukasz	1001		M 35	2	00:00:05	00:47:56	01:04:55	01:07:24		01:41:03.15	01:41:08.65	+00:03:03 (3.0%)	5:03	11.9 (97.5%)
3	FLISIŃSKI Łukasz	1262		M 36-44	1	00:00:05	00:51:04	01:10:12	01:12:46		01:49:57.60	01:50:03.35	+00:11:57 (10.9%)	5:29	10.9 (89.3%)
4	ŻUCHOWSKI Daniel	1264	MUAY RUNNING TEAM	M 35	3	00:00:05	00:51:32	01:11:02	01:13:32		01:50:52.70	01:50:58.45	+00:12:52 (11.6%)	5:32	10.8 (88.5%)
5	KAWIK Tomasz	1093	KAWIK RUNNING TEAM/ RUNPROGRESS.PL	M 35	4	00:00:06	00:53:38	01:13:11	01:16:13		01:54:57.25	01:55:03.50	+00:16:57 (14.7%)	5:44	10.4 (85.2%)
6	KOZŁOWSKI Krzysztof	1111	PRZEMYSKI KLUB BIEGACZA	M 36-44	2	00:00:08	00:56:49	01:17:04	01:19:53		01:57:01.15	01:57:09.15	+00:19:01 (16.3%)	5:51	10.3 (84.4%)
7	TRACZ Łukasz	1003	WWW.TRENINGFIZJOTERAPIA.PL	M 35	5	00:00:06	00:57:25	01:19:31	01:22:05		01:58:46.80	01:58:52.85	+00:20:46 (17.5%)	5:56	10.1 (82.8%)
8	ŁĘŻNIAK Aleksander	1138	MONK SANDALS TEAM	M 35	6	00:00:06	00:57:39	01:18:14	01:20:48		01:59:03.40	01:59:10.35	+00:21:03 (17.7%)	5:57	10.1 (82.8%)
9	BARAN Piotr	1009		M 36-44	3	00:00:05	00:58:14	01:19:57	01:22:32		01:59:33.00	01:59:38.75	+00:21:32 (18.0%)	5:58	10 (82.0%)
10	UMANA Diego Andres	1223	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	M 36-44	4	00:00:04	00:58:51	01:19:43	01:22:28		02:01:55.70	02:02:00.50	+00:23:55 (19.6%)	6:05	9.8 (80.3%)
11	MALINOWSKI Piotr	1147	STS BIEGATON MIKOŁÓW	M 36-44	5	00:00:07	00:57:06	01:17:31	01:20:37		02:02:09.05	02:02:16.75	+00:24:09 (19.8%)	6:06	9.8 (80.3%)
12	MIKA Andrzej	1158		M 36-44	6	00:00:06	01:00:09	01:21:49	01:24:50		02:03:48.40	02:03:54.75	+00:25:48 (20.8%)	6:11	9.7 (79.5%)
13	ZARZYCKI Maciej	1252	DOGOŃ GRODZISK MAZOWIECKI	M 35	7	00:00:08	00:55:28	01:16:21	01:19:38		02:03:54.25	02:04:02.45	+00:25:54 (20.9%)	6:11	9.7 (79.5%)
14	ZAJĄC Andrzej	1249	GRUPALUKTRANS.PL	M 36-44	7	00:00:06	01:01:46	01:22:39	01:25:28		02:04:36.10	02:04:43.05	+00:26:36 (21.3%)	6:13	9.6 (78.7%)
15	RUPIŃSKI Krzysztof	1198	TRAINING LAB	M 35	8	00:00:06	00:58:01	01:18:48	01:21:41		02:05:00.90	02:05:07.85	+00:27:00 (21.6%)	6:15	9.6 (78.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem		Penalty/ bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
									11km	12km						
16	GAŁUSZKA Filip	1055	KOKOSZKA36TEAM	M 35	9	00:00:12	00:59:28	01:21:21	01:24:43			02:06:55.15	02:07:07.70	+00:28:55 (22.8%)	6:20	9.5 (77.9%)
17	JASNOCH Marcin	1084	OLUSIA TEAM	M 36-44	8	00:00:07	00:59:38	01:23:10	01:26:10			02:08:53.55	02:09:00.80	+00:30:53 (24.0%)	6:26	9.3 (76.2%)
18	GRZĄDKA Przemysław	1069	PZU SPORT TEAM	M 36-44	9	00:00:25	01:02:26	01:23:42	01:27:03			02:08:56.15	02:09:21.50	+00:30:56 (24.0%)	6:26	9.3 (76.2%)
19	VAN NOORTWIJK Jeffrey Marcin	1224	HAAG ATLETIEK	M 35	10	00:00:06	00:57:56	01:22:09	01:26:15			02:10:56.15	02:11:02.70	+00:32:56 (25.2%)	6:32	9.2 (75.4%)
20	JASIURKOWSKI Daniel	1083		M 36-44	10	00:00:10	01:03:17	01:26:52	01:29:55			02:12:20.00	02:12:30.70	+00:34:19 (25.9%)	6:37	9.1 (74.6%)
21	LASIKOWSKI Mateusz	1130	BIEGAJ POD OKIEM TRENERA	M 35	11	00:00:20	01:05:18	01:28:09	01:31:11			02:13:15.30	02:13:35.85	+00:35:15 (26.5%)	6:39	9 (73.8%)
22	GOŁDYN Piotr	1062		M 36-44	11	00:00:05	01:02:34	01:25:31	01:28:35			02:13:51.35	02:13:56.50	+00:35:51 (26.8%)	6:41	9 (73.8%)
23	WÓJCIAK Piotr	431		M 35	12	00:00:38	01:05:11	01:27:55	01:30:58			02:15:47.85	02:16:26.10	+00:37:47 (27.8%)	6:47	8.8 (72.1%)
24	ZMYSŁOWSKI Aleksander	1256		M 36-44	12	00:00:29	01:04:13	01:27:48	01:31:27			02:16:40.85	02:17:10.45	+00:38:40 (28.3%)	6:50	8.8 (72.1%)
25	DZIEDZIC Witold	1040	RZESZOWSKIE GAZELE I GEPARDY	M 36-44	13	00:00:08	01:06:40	01:29:40	01:33:32			02:17:14.10	02:17:22.65	+00:39:14 (28.6%)	6:51	8.7 (71.3%)
26	OPAŁKA Damian	1175	MYRACE	M 35	13	00:00:09	01:03:27	01:28:12	01:31:46			02:17:31.35	02:17:40.45	+00:39:31 (28.7%)	6:52	8.7 (71.3%)
27	OLSZEWSKI Tomek	1174		M 36-44	14	00:00:15	01:07:05	01:31:39	01:34:47			02:19:33.00	02:19:48.80	+00:41:32 (29.8%)	6:58	8.6 (70.5%)
28	WAŁASZEWSKI Bruno	515		M 35	14	00:00:28	01:06:23	01:29:24	01:33:13			02:20:10.75	02:20:39.10	+00:42:10 (30.1%)	7:00	8.6 (70.5%)
29	HASSAK Maciej	1074	GKC GORLICE	M 36-44	15	00:00:25	01:07:19	01:30:58	01:34:12			02:20:35.90	02:21:00.90	+00:42:35 (30.3%)	7:01	8.5 (69.7%)
30	MORGAS Mariusz	1161	TRENER24H.COM.PL	M 35	15	00:00:46	01:05:53	01:30:26	01:33:54			02:20:53.00	02:21:39.10	+00:42:52 (30.4%)	7:02	8.5 (69.7%)
31	ZAWADA Michał	1253	SPRYTNE WIEWIÓRKI	M 45-59	1	00:00:20	01:08:18	01:33:14	01:36:40			02:21:31.15	02:21:51.35	+00:43:31 (30.8%)	7:04	8.5 (69.7%)
32	WISZ Piotr	1234	SDTEAM	M 35	16	00:00:13	01:01:19	01:23:19	01:26:28	00:15:00		02:21:35.00	02:21:48.00	+00:43:34 (30.8%)	6:19	9.5 (77.9%)
33	GLAB Krzysztof	1058	NGB KLOBUCK / VEGE RUNNERS	M 45-59	2	00:00:11	01:04:07	01:29:24	01:32:30			02:21:55.90	02:22:07.15	+00:43:55 (31.0%)	7:05	8.5 (69.7%)
34	PSZCZÓŁKA Dominik	480		M 36-44	16	00:00:15	01:08:11	01:32:54	01:36:13			02:22:01.05	02:22:16.90	+00:44:01 (31.0%)	7:06	8.4 (68.9%)
35	MRÓZ Rafał	1163		M 45-59	3	00:00:08	01:08:06	01:33:09	01:36:21			02:22:08.30	02:22:16.60	+00:44:08 (31.1%)	7:06	8.4 (68.9%)
36	RYBACKI Mateusz	1199		M 35	17	00:00:08	01:06:36	01:32:01	01:35:25			02:23:26.00	02:23:34.80	+00:45:25 (31.7%)	7:10	8.4 (68.9%)
37	WANDZEL Tomasz	1228		M 36-44	17	00:00:48	01:10:03	01:34:03	01:37:42			02:23:50.40	02:24:39.30	+00:45:50 (31.9%)	7:11	8.3 (68.0%)
38	PLEWA Rafał	1184		M 36-44	18	00:00:12	01:09:08	01:34:58	01:38:21			02:25:05.65	02:25:17.80	+00:47:05 (32.5%)	7:15	8.3 (68.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Penalty/ bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
39	WALESIAK Wojciech	1118	REMBERTÓW TEAM	M 35	18	00:00:13	01:11:39	01:36:47	01:40:25		02:26:08.50	02:26:22.00	+00:48:08 (32.9%)	7:18	8.2 (67.2%)
40	PISKORZ Ireneusz	1183		M 36-44	19	00:00:07	01:08:11	01:33:37	01:36:50		02:26:48.25	02:26:56.15	+00:48:48 (33.2%)	7:20	8.2 (67.2%)
41	FARON Marcin	307	KS GORC	M 35	19	00:00:07	01:08:24	01:34:33	01:37:55		02:28:20.35	02:28:27.95	+00:50:20 (33.9%)	7:25	8.1 (66.4%)
42	BIELEC Sebastian	1017	EWELINALOVE	M 35	20	00:00:13	01:08:40	01:34:32	01:37:46		02:28:21.25	02:28:34.35	+00:50:21 (33.9%)	7:25	8.1 (66.4%)
43	BODZIOCH Grzegorz	1019	GORLICKA GRUPA BIEGOWA	M 45-59	4	00:00:24	01:11:13	01:37:11	01:41:36		02:29:13.15	02:29:37.35	+00:51:13 (34.3%)	7:27	8 (65.6%)
44	KOZŁOWSKI Przemek	1112		M 36-44	20	00:00:21	01:08:01	01:32:09	01:35:59		02:29:17.65	02:29:38.90	+00:51:17 (34.4%)	7:27	8 (65.6%)
45	PATRO Bartłomiej	1179		M 35	21	00:00:11	01:08:30	01:33:54	01:37:37		02:29:40.90	02:29:52.85	+00:51:40 (34.5%)	7:29	8 (65.6%)
46	BARTOSZEK Tomasz	1013	SAINT-GOBAIN SQUAD	M 35	22	00:00:12	01:08:53	01:35:42	01:39:49		02:30:43.00	02:30:55.45	+00:52:42 (35.0%)	7:32	8 (65.6%)
47	KURSA Marcin	1126		M 35	23	00:00:38	01:11:19	01:36:44	01:40:01		02:30:44.55	02:31:23.00	+00:52:44 (35.0%)	7:32	8 (65.6%)
48	ZYSNARSKI Marek	1115		M 45-59	5	00:01:15	01:12:36	01:38:37	01:42:20		02:31:06.55	02:32:22.00	+00:53:06 (35.1%)	7:33	7.9 (64.8%)
49	WOŹNY Rafał	1246		M 36-44	21	00:00:32	01:13:09	01:38:56	01:43:12		02:32:05.80	02:32:38.65	+00:54:05 (35.6%)	7:36	7.9 (64.8%)
50	KNEBLOCH Kasper	1096	DZIK KOMANDO	M 35	24	00:00:00	01:11:42	01:39:20	01:43:21		02:32:15.55	02:32:15.55	+00:54:15 (35.6%)	7:36	7.9 (64.8%)
51	WOJTECKI Piotr	1245	DZIK KOMANDO	M 36-44	22	00:00:11	01:10:15	01:35:22	01:39:15		02:32:30.80	02:32:41.80	+00:54:30 (35.7%)	7:37	7.9 (64.8%)
52	KOS Lucjan	1104		M 35	25	00:00:08	01:04:50	01:28:17	01:31:50	00:15:00	02:32:36.00	02:32:45.00	+00:54:35 (35.8%)	6:52	8.7 (71.3%)
53	ŚMIGIELSKI Arkadiusz	1215		M 36-44	23	00:01:02	01:13:29	01:38:20	01:42:13		02:32:40.45	02:33:42.60	+00:54:40 (35.8%)	7:38	7.9 (64.8%)
54	FLORIAN Adam	1048		M 36-44	24	00:00:11	01:13:33	01:40:33	01:45:24		02:32:45.10	02:32:56.25	+00:54:45 (35.8%)	7:38	7.9 (64.8%)
55	SZADKOWSKI Denis	1212		M 35	26	00:00:10	01:12:35	01:38:47	01:42:57		02:33:43.90	02:33:54.55	+00:55:43 (36.3%)	7:41	7.8 (63.9%)
56	CHOJNACKI Mikołaj	1026	WARSAW RUN CLUB	M 36-44	25	00:00:17	01:13:03	01:39:27	01:44:47		02:34:57.10	02:35:14.45	+00:56:57 (36.8%)	7:44	7.7 (63.1%)
57	MACHEJ Remigiusz	1141	ML DESIGN	M 36-44	26	00:00:12	01:12:21	01:40:28	01:45:26		02:36:24.20	02:36:37.00	+00:58:24 (37.3%)	7:49	7.7 (63.1%)
58	KULIG Karol	1124	KULIG FIZJOTERAPIA	M 35	27	00:00:19	01:14:20	01:42:24	01:46:13		02:37:33.80	02:37:53.30	+00:59:33 (37.8%)	7:52	7.6 (62.3%)
59	GĘSIAREK Grzegorz	1057		M 36-44	27	00:00:13	01:12:07	01:38:13	01:42:20		02:37:34.20	02:37:47.60	+00:59:34 (37.8%)	7:52	7.6 (62.3%)
60	MAŁECKI Jarosław	1148	CZEXRX	M 36-44	28	00:00:29	01:23:35	01:52:25	01:57:42	00:15:00	02:38:08.00	02:38:38.00	+01:00:07 (38.0%)	8:39	6.9 (56.6%)
61	DZIEDZIC Grzegorz	1039		M 36-44	29	00:00:35	01:15:56	01:44:18	01:48:39		02:38:14.10	02:38:49.55	+01:00:14 (38.1%)	7:54	7.6 (62.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem		Penalty/ bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
									11km	12km						
62	TRYBALSKI Piotr	1220	PATO TEAM	M 45-59	6	00:00:40	01:14:26	01:39:37	01:45:56			02:38:19.00	02:38:59.60	+01:00:18 (38.1%)	7:54	7.6 (62.3%)
63	LAMENTA Andrzej	1129	TRENER24H.COM.PL	M 36-44	30	00:00:45	01:12:52	01:39:04	01:43:00			02:39:06.40	02:39:52.35	+01:01:06 (38.4%)	7:57	7.5 (61.5%)
64	LENARCZYK Jakub	1132		M 36-44	31	00:00:17	00:59:04	01:21:33	01:24:52	00:30:00		02:39:46.00	02:40:03.00	+01:01:45 (38.7%)	6:29	9.2 (75.4%)
65	RAKOWSKI Krzysztof	1193	RUCHLIWI ŚWIŃSKA NOGA	M 45-59	7	00:00:29	01:14:51	01:41:34	01:46:00			02:39:50.60	02:40:20.20	+01:01:50 (38.7%)	7:59	7.5 (61.5%)
66	TARNAWSKI Jakub	467	KKB DYSTANS	M 45-59	8	00:01:14	01:15:05	01:43:03	01:46:48			02:42:27.50	02:43:42.35	+01:04:27 (39.7%)	8:07	7.4 (60.7%)
67	WALNIK Rafał	1227		M 45-59	9	00:00:08	01:15:49	01:43:35	01:48:16			02:42:41.15	02:42:49.45	+01:04:41 (39.8%)	8:08	7.4 (60.7%)
68	PASIERBIŃSKI Piotr	409	WTP WTRRUNNING	M 45-59	10	00:00:28	01:17:07	01:43:54	01:48:08			02:43:48.85	02:44:17.05	+01:05:48 (40.2%)	8:11	7.3 (59.8%)
69	WNUK Mirosław	1241		M 45-59	11	00:00:17	01:16:08	01:43:54	01:48:43			02:44:44.25	02:45:01.70	+01:06:44 (40.5%)	8:14	7.3 (59.8%)
70	BINKOWSKI Marcin	1259		M 45-59	12	00:00:43	01:21:21	01:50:02	01:54:12			02:44:52.95	02:45:36.50	+01:06:52 (40.6%)	8:14	7.3 (59.8%)
71	FALKOWSKI Piotr	1046	KS PEGAZ PIASECZNO	M 45-59	13	00:00:14	01:17:50	01:46:12	01:51:08			02:45:25.25	02:45:39.55	+01:07:25 (40.8%)	8:16	7.3 (59.8%)
72	WAWRZYŃIAK Michał	1231	SLOWJOGGING OLSZTYN	M 36-44	32	00:00:27	01:16:55	01:45:42	01:49:59			02:45:35.50	02:46:02.85	+01:07:35 (40.8%)	8:16	7.2 (59.0%)
73	DZIUBAŁA Jakub	1265		M 35	28	00:00:12	01:18:12	01:46:18	01:51:25			02:45:40.90	02:45:53.05	+01:07:40 (40.8%)	8:17	7.2 (59.0%)
74	PISKORSKI Piotr	1182	FARBEN LEHRE	M 36-44	33	00:00:10	01:19:02	01:47:34	01:52:35			02:46:11.30	02:46:21.65	+01:08:11 (41.0%)	8:18	7.2 (59.0%)
75	DUBOWIECKI Witek	1033	CHATA BIEGACZA K34 ZAKOPANE	M 45-59	14	00:00:09	01:02:38	01:24:57	01:28:29	00:30:00		02:47:38.00	02:47:47.00	+01:09:37 (41.5%)	6:52	8.7 (71.3%)
76	MUCHA Edward	1164	LIMANOWA FORREST	M 60+	1	00:00:09	01:12:07	01:37:51	01:41:44	00:15:00		02:47:44.00	02:47:53.00	+01:09:43 (41.6%)	7:38	7.9 (64.8%)
77	SARNA Szymon	1201		M 35	29	00:00:06	01:21:53	01:52:05	01:55:37			02:48:54.30	02:49:01.05	+01:10:54 (42.0%)	8:26	7.1 (58.2%)
78	OLICHWIER Sebastian	1172		M 35	30	00:00:15	01:13:55	01:43:48	01:50:09			02:50:09.45	02:50:24.45	+01:12:09 (42.4%)	8:30	7.1 (58.2%)
79	JAGIELSKI Paweł	1075		M 45-59	15	00:00:59	01:19:52	01:48:09	01:53:31			02:50:23.60	02:51:23.15	+01:12:23 (42.5%)	8:31	7 (57.4%)
80	JARZĄBEK Daniel	1082	DANJAR	M 36-44	34	00:00:26	01:16:09	01:45:25	01:51:05			02:50:36.80	02:51:03.65	+01:12:36 (42.6%)	8:31	7 (57.4%)
81	SIKORA Dawid	1203		M 35	31	00:00:27	01:23:50	01:51:29	01:55:55			02:50:58.50	02:51:25.85	+01:12:58 (42.7%)	8:32	7 (57.4%)
82	BALUCH Adam	402		M 45-59	16	00:00:49	01:19:27	01:47:59	01:52:52			02:51:00.95	02:51:50.10	+01:13:00 (42.7%)	8:33	7 (57.4%)
83	MACKOWIAK Mateusz	1145	PROBALANS	M 35	32	00:01:05	01:19:37	01:49:34	01:54:47			02:51:11.45	02:52:17.25	+01:13:11 (42.8%)	8:33	7 (57.4%)
84	LIŚKIEWICZ Hubert	1136	POKOJOWY PATROL	M 35	33	00:00:32	01:18:41	01:48:39	01:53:07			02:51:22.95	02:51:55.40	+01:13:22 (42.8%)	8:34	7 (57.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem		Penalty/ bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
									11km	12km						
85	GWÓZDŹ Michał	509	CZELADŹ BIEGA	M 36-44	35	00:01:16	01:12:13	01:38:15	01:42:01		00:15:00	02:51:59.00	02:53:15.00	+01:13:58 (43.0%)	7:50	7.6 (62.3%)
86	PLATEK Paweł	1185	PGB SPORTOWA PACZKA	M 36-44	36	00:00:29	01:15:07	01:43:08	01:51:06			02:52:42.70	02:53:11.70	+01:14:42 (43.3%)	8:38	6.9 (56.6%)
87	JAGLARZ Jarosław	1076	JAROSŁAW JAGLARZ	M 45-59	17	00:00:48	01:17:56	01:47:16	01:52:54			02:52:44.70	02:53:32.75	+01:14:44 (43.3%)	8:38	6.9 (56.6%)
88	FAJER Marek	1043		M 60+	2	00:00:14	01:17:13	01:47:23	01:52:31			02:52:47.05	02:53:01.65	+01:14:47 (43.3%)	8:38	6.9 (56.6%)
89	DUCZYŃSKI Maciej	1034		M 35	34	00:00:51	01:21:48	01:52:49	01:57:46			02:52:52.50	02:53:44.40	+01:14:52 (43.3%)	8:38	6.9 (56.6%)
90	BEBEROK Szymon	1014	PROFIAUTOTEAM	M 35	35	00:00:32	01:18:46	01:47:36	01:52:15			02:54:22.75	02:54:55.45	+01:16:22 (43.8%)	8:43	6.9 (56.6%)
91	BARTKOWIAK Grzegorz	1012		M 45-59	18	00:00:52	01:19:54	01:50:33	01:56:53			02:55:55.65	02:56:48.45	+01:17:55 (44.3%)	8:47	6.8 (55.7%)
92	OCZKOWSKI Mateusz	1169	GRUPA BIEGOWA CHTMO	M 36-44	37	00:00:53	01:22:37	01:51:32	01:57:52			02:57:05.65	02:57:59.05	+01:19:05 (44.7%)	8:51	6.8 (55.7%)
93	KADYK Łukasz	1089	CEZAR	M 36-44	38	00:00:52	01:22:49	01:51:42	01:57:56			02:57:08.80	02:58:01.30	+01:19:08 (44.7%)	8:51	6.8 (55.7%)
94	POPARDA Paweł	1190	PZU SPORT TEAM	M 36-44	39	00:00:15	01:18:21	01:49:01	01:55:21			02:58:01.35	02:58:16.75	+01:20:01 (45.0%)	8:54	6.7 (54.9%)
95	MORDARSKI Jacek	1160		M 60+	3	00:00:11	01:18:21	01:49:29	01:54:47			02:59:16.35	02:59:28.30	+01:21:16 (45.3%)	8:57	6.7 (54.9%)
96	CEDZYŃSKI Jan	1024	BBM	M 45-59	19	00:00:26	01:17:06	01:51:02	01:56:43			02:59:38.20	03:00:04.20	+01:21:38 (45.4%)	8:58	6.7 (54.9%)
97	TAMBORSKI Grzegorz	1217		M 35	36	00:00:13	01:25:14	01:55:59	02:01:46			03:00:25.10	03:00:38.80	+01:22:25 (45.7%)	9:01	6.7 (54.9%)
98	JAGODZIŃSKI Hubert	1077	DZIK KOMANDO	M 35	37	00:00:07	01:21:34	01:55:30	01:59:44			03:00:35.30	03:00:42.55	+01:22:35 (45.7%)	9:01	6.6 (54.1%)
99	JUSZKIEWICZ Tomasz	1088		M 45-59	20	00:00:18	01:21:49	01:51:04	01:55:42			03:01:52.30	03:02:10.60	+01:23:52 (46.1%)	9:05	6.6 (54.1%)
100	BAKUN Mariusz	1006	CHEŁM BIEGA	M 45-59	21	00:00:42	01:23:03	01:53:41	02:01:05			03:03:00.95	03:03:43.80	+01:25:00 (46.5%)	9:09	6.6 (54.1%)
101	GNOT Krzysztof	1060		M 45-59	22	00:00:41	01:33:28	02:02:27	02:10:12			03:04:42.55	03:05:24.05	+01:26:42 (46.9%)	9:14	6.5 (53.3%)
102	TABOR Piotr	1216	WWW.MOJEHOTELE.PL	M 36-44	40	00:00:13	01:22:04	01:55:56	02:03:48			03:05:28.50	03:05:41.65	+01:27:28 (47.2%)	9:16	6.5 (53.3%)
103	MAZUREK Grzegorz	1268		M 36-44	41	00:00:16	01:23:41	01:54:36	02:00:22			03:05:34.95	03:05:51.15	+01:27:34 (47.2%)	9:16	6.5 (53.3%)
104	ZIĘBA Hubert	1254		M 35	38	00:00:51	01:18:18	01:46:16	01:50:32	00:15:00		03:06:01.00	03:06:53.00	+01:28:00 (47.3%)	8:33	7 (57.4%)
105	MAJKA Wojciech	1146	TRENER24H.COM.PL	M 36-44	42	00:00:47	01:36:57	02:08:48	02:13:37			03:06:30.90	03:07:18.30	+01:28:30 (47.5%)	9:19	6.4 (52.5%)
106	ZIĘBA Dariusz	1255		M 35	39	00:00:42	01:24:21	01:55:34	02:01:03			03:06:38.05	03:07:20.25	+01:28:38 (47.5%)	9:19	6.4 (52.5%)
107	TRZEŚNIEWSKI Krzysztof	1221	VEGE RUNNERS	M 35	40	00:00:08	01:18:13	01:48:48	01:54:37			03:08:23.85	03:08:32.65	+01:30:23 (48.0%)	9:25	6.4 (52.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Penalty/ bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
108	UHRIN Stanislav	1261	PREŠOV TRAIL RUN SVK	M 36-44	43	00:00:10	01:24:10	01:56:09	02:01:48		03:09:55.80	03:10:06.65	+01:31:55 (48.4%)	9:29	6.3 (51.6%)
109	KRAWCZYK Marcin	1114		M 35	41	00:00:25	01:26:00	01:55:57	02:02:35		03:10:30.55	03:10:55.90	+01:32:30 (48.6%)	9:31	6.3 (51.6%)
110	KRAWCZYK Sebastian	1113	MOVE FOR HEALTH	M 36-44	44	00:00:07	01:02:30	01:25:01	01:28:24	01:00:00	03:10:36.00	03:10:43.00	+01:32:35 (48.6%)	6:31	9.2 (75.4%)
111	GOLAS Marcin	1061	APLITT.PL	M 36-44	45	00:00:58	01:27:29	02:01:26	02:05:51		03:11:08.90	03:12:07.40	+01:33:08 (48.7%)	9:33	6.3 (51.6%)
112	OGIEGŁO Dominik	1171		M 35	42	00:00:30	01:26:34	01:59:11	02:04:36		03:11:57.25	03:12:27.75	+01:33:57 (48.9%)	9:35	6.3 (51.6%)
113	KULCZYCKI Łukasz	1123	ATLAS RUNNING TEAM	M 36-44	46	00:00:19	01:30:23	02:02:06	02:06:57		03:13:22.25	03:13:41.30	+01:35:22 (49.3%)	9:40	6.2 (50.8%)
114	ZARZECZNY Radosław	1251		M 35	43	00:00:21	01:21:52	01:50:54	01:55:47	00:15:00	03:13:52.00	03:14:13.00	+01:35:51 (49.4%)	8:56	6.7 (54.9%)
115	LADRA Tomasz	1128	RE/MAX POLSKA	M 36-44	47	00:00:06	01:15:48	01:43:47	01:48:53	00:30:00	03:14:52.00	03:14:58.00	+01:36:51 (49.7%)	8:14	7.3 (59.8%)
116	POCHWAŁA Adam	1188		M 35	44	00:00:26	01:23:59	01:52:10	01:56:23	00:15:00	03:15:09.00	03:15:36.00	+01:37:08 (49.8%)	9:00	6.7 (54.9%)
117	RUPIŃSKI Maciej	1197		M 45-59	23	00:00:38	01:26:22	01:58:32	02:06:09		03:15:26.95	03:16:05.40	+01:37:26 (49.9%)	9:46	6.1 (50.0%)
118	WIŚNIEWSKI Rafał	1237		M 36-44	48	00:00:23	01:33:51	02:08:53	02:13:54		03:15:29.75	03:15:53.05	+01:37:29 (49.9%)	9:46	6.1 (50.0%)
119	POCHWAŁA Maciej	1187		M 35	45	00:00:24	01:28:21	02:03:34	02:09:21		03:16:23.60	03:16:47.75	+01:38:23 (50.1%)	9:49	6.1 (50.0%)
120	PUDZISZ Piotr	1192		M 36-44	49	00:00:20	01:25:29	01:57:54	02:04:44	00:15:00	03:17:17.00	03:17:38.00	+01:39:16 (50.3%)	9:06	6.6 (54.1%)
121	GAWEŁ Krzysztof	1267	ANIELSKI ORSZAK	M 35	46	00:00:48	01:28:55	01:58:47	02:07:48		03:18:37.35	03:19:25.65	+01:40:37 (50.7%)	9:55	6 (49.2%)
122	SYKUŁA Rafał	1211	TRUCK BULLS	M 36-44	50	00:00:19	01:32:13	02:05:51	02:10:27		03:18:55.45	03:19:15.40	+01:40:55 (50.7%)	9:56	6 (49.2%)
123	METRYCKI Dariusz	1154	BIEGACZ NOWOSOLNA	M 36-44	51	00:00:50	01:24:48	01:57:19	02:06:24		03:20:48.20	03:21:38.55	+01:42:48 (51.2%)	10:02	6 (49.2%)
124	GRABARCZYK Sebastian	1067	BIEGACZ NOWOSOLNA	M 36-44	52	00:00:50	01:24:45	01:57:31	02:06:24		03:20:48.55	03:21:38.60	+01:42:48 (51.2%)	10:02	6 (49.2%)
125	KRYJAK Tomasz	1119		M 36-44	53	00:00:57	01:33:09	02:07:47	02:13:17		03:21:07.20	03:22:04.75	+01:43:07 (51.3%)	10:03	6 (49.2%)
126	JAJECZNICA Łukasz	1078		M 36-44	54	00:00:49	01:33:04	02:08:53	02:13:52		03:21:52.00	03:22:41.05	+01:43:51 (51.5%)	10:05	5.9 (48.4%)
127	NAZIM Tadeusz	1166	SKAWINA BIEGA	M 60+	4	00:00:53	01:31:20	02:05:07	02:13:11		03:22:30.75	03:23:23.85	+01:44:30 (51.6%)	10:07	5.9 (48.4%)
128	PELCZAR Jakub	1181		M 35	47	00:00:45	01:32:36	02:07:24	02:13:17		03:22:40.00	03:23:25.25	+01:44:39 (51.6%)	10:08	5.9 (48.4%)
129	CHORBIŃSKI Krystian	1028		M 36-44	55	00:00:45	01:32:43	02:07:33	02:13:19		03:22:40.05	03:23:25.55	+01:44:40 (51.6%)	10:08	5.9 (48.4%)
130	STROJNY Janusz	1208	NAUKA BIEGA	M 36-44	56	00:00:54	01:30:22	02:04:13	02:12:02		03:23:06.75	03:24:01.15	+01:45:06 (51.8%)	10:09	5.9 (48.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem		Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
									Penalty/bonus	11km					
131	GAŁKA Tomasz	1054	DZIK KOMANDO	M 45-59	24	00:00:29	01:27:10	02:01:44	02:08:14		03:24:33.65	03:25:03.55	+01:46:33 (52.1%)	10:13	5.9 (48.4%)
132	DYLAĞ Andrzej	511		M 36-44	57	00:00:18	01:10:11	01:34:38	01:38:06	01:00:00	03:24:53.00	03:25:11.00	+01:46:52 (52.2%)	7:14	8.3 (68.0%)
133	GÓRKA Bogusław	1065	SUSKA GRUPA BIEGOWA	M 45-59	25	00:00:10	01:33:38	02:08:12	02:13:59		03:27:36.00	03:27:46.10	+01:49:35 (52.8%)	10:22	5.8 (47.5%)
134	HOŁDA Dominik	40	KONTENER FORMY	M 35	48	00:00:17	01:36:40	02:09:15	02:17:11		03:27:49.95	03:28:07.70	+01:49:49 (52.8%)	10:23	5.8 (47.5%)
135	ARTEMIUK Eugeniusz	1004	HAJNÓWKA BIEGA	M 45-59	26	00:00:57	01:38:37	02:14:05	02:19:53		03:27:54.45	03:28:52.15	+01:49:54 (52.9%)	10:23	5.8 (47.5%)
136	TRELA Roman	1219	TRUCKS BULLS	M 36-44	58	00:00:20	01:32:09	02:05:53	02:10:11		03:32:20.55	03:32:41.10	+01:54:20 (53.8%)	10:37	5.7 (46.7%)
137	KOPEK Paweł	1099	EKIPA Z GROMNIKA	M 36-44	59	00:00:44	01:37:14	02:13:29	02:19:18		03:33:28.75	03:34:13.40	+01:55:28 (54.1%)	10:40	5.6 (45.9%)
138	KEMPKA Marcin	1240	BBL ZDUŃSKA WOLA	M 36-44	60	00:00:25	01:45:57	02:26:03	02:32:54		03:37:37.80	03:38:03.60	+01:59:37 (55.0%)	10:52	5.5 (45.1%)
139	GRYGORLIK Marek	1266	VEGE RUNNERS	M 45-59	27	00:00:19	01:39:11	02:15:56	02:21:06		03:38:17.70	03:38:36.75	+02:00:17 (55.1%)	10:54	5.5 (45.1%)
140	DUDA Wojciech	1035	SKAWINA BIEGA	M 45-59	28	00:00:40	01:33:20	02:10:22	02:17:15	00:15:00	03:39:31.00	03:40:11.00	+02:01:30 (55.4%)	10:13	5.9 (48.4%)
141	MAŁYS Mateusz	1149	DZIK KOMANDO	M 35	49	00:00:30	01:35:50	02:10:52	02:17:54		03:41:52.40	03:42:22.95	+02:03:52 (55.8%)	11:05	5.4 (44.3%)
142	KORNIŁÓW Piotr	453		M 45-59	29	00:00:55	01:46:36	02:27:32	02:32:40		03:43:48.45	03:44:43.80	+02:05:48 (56.2%)	11:11	5.4 (44.3%)
143	JAKÓBIK Piotr	1079		M 35	50	00:00:29	01:37:56	02:18:20	02:26:43		03:49:17.35	03:49:46.65	+02:11:17 (57.3%)	11:27	5.2 (42.6%)
144	MIĘTKA Krzysztof	1157		M 45-59	30	00:00:54	01:39:46	02:21:43	02:27:37		03:49:31.70	03:50:25.75	+02:11:31 (57.3%)	11:28	5.2 (42.6%)
145	KUŹMA Maciej	1127		M 45-59	31	00:00:41	01:42:44	02:20:06	02:28:58		03:53:51.05	03:54:32.25	+02:15:51 (58.1%)	11:41	5.1 (41.8%)
146	FALKOWSKI Lukasz	1045		M 36-44	61	00:00:33	01:48:15	02:28:06	02:39:14		03:56:17.80	03:56:51.05	+02:18:17 (58.5%)	11:48	5.1 (41.8%)
147	DOBOSZ Damian	1031	DZIADEK I WNUKI	M 35	51	00:00:34	01:46:29	02:28:21	02:37:43		04:00:37.60	04:01:12.15	+02:22:37 (59.3%)	12:01	5 (41.0%)
148	ROŚŁOŃSKI Piotr	1195		M 36-44	62	00:00:56	01:55:44	02:44:53	02:51:06		04:09:02.60	04:09:59.10	+02:31:02 (60.6%)	12:27	4.8 (39.3%)
149	DZIK Piotr	1041		M 35	52	00:00:41	01:44:02	02:27:27	02:37:40		04:09:34.65	04:10:15.85	+02:31:34 (60.7%)	12:28	4.8 (39.3%)
150	SOBOLEWSKI Jarosław	1206		M 45-59	32	00:00:48	01:53:50	02:37:57	02:44:57		04:15:45.25	04:16:33.35	+02:37:45 (61.7%)	12:47	4.7 (38.5%)
151	KAIM Antoni	1090		M 45-59	33	00:00:56	01:53:15	02:40:13	02:50:43		04:23:57.65	04:24:53.85	+02:45:57 (62.9%)	13:11	4.5 (36.9%)
152	CHUDZIK Wojciech	1029	DZIK W LESIE	M 36-44	63	00:00:56	01:57:35	02:46:37	02:54:02		04:30:37.00	04:31:33.50	+02:52:36 (63.8%)	13:31	4.4 (36.1%)
153	DRZEWIECKI-ZARZECZNY Grzegorz	1032	BIAŁYSTOK BIEGA TEAM	M 45-59	34	00:00:21	01:54:43	02:47:49	02:53:52		04:51:43.65	04:52:05.35	+03:13:43 (66.4%)	14:35	4.1 (33.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Potok 9km	Wieża 10km	Polana pod Gorcem 11km	Penalty/bonus	Net time 20km	Czas brutto 20km	Gap	Pace min/km	Pace km/h
Przekroczony limit czasu: 05:00:00															
154	CZECHOWSKI Jerzy	1030	MZA - WARSZAWA	M 60+	5	00:00:46	02:29:41	03:34:27	03:45:29		05:50:13.60	05:51:00.00	+04:12:13 (72.0%)	17:30	3.4 (27.9%)
	WIŚNIEWSKI Dawid	1236	ANIELSKI ORSZAK	M 35		DNF	01:29:50 DNF	01:59:37 DNF	DNF		DNF	DNF		-	- (0.0%)

Total 155 results.