

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2023-10-07  
**Miejsce:** Szklarska Poręba  
**Dystans:** 34 km

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	<b>GORZELAŃCZYK Jakub</b>	<b>245</b>		M30	1	00:55:37	01:49:58	<b>02:28:14.10</b>	<b>02:28:16.00</b>		4:21	13.8 (100%)
2	<b>KARWACZYŃSKI Roger</b>	<b>90</b>	CODETWO	M30	2	00:56:09	01:51:13	<b>02:30:06.40</b>	<b>02:30:08.60</b>	+00:01:52 (1.2%)	4:24	13.6 (98.6%)
3	<b>ZAMIELSKI Paweł</b>	<b>194</b>	PRZEDWOJEWSKI TEAM	M30	3	00:57:59	01:55:40	<b>02:38:12.65</b>	<b>02:38:14.45</b>	+00:09:58 (6.3%)	4:39	12.9 (93.5%)
4	<b>MIŚ Zbigniew</b>	<b>306</b>		M30	4	01:03:09	02:06:24	<b>02:48:23.10</b>	<b>02:48:25.15</b>	+00:20:09 (12.0%)	4:57	12.1 (87.7%)
5	<b>JANIAK Norbert</b>	<b>39</b>		M30	5	01:06:30	02:09:02	<b>02:54:38.95</b>	<b>02:54:38.95</b>	+00:26:22 (15.1%)	5:08	11.7 (84.8%)
6	<b>BIELECKI Tomasz</b>	<b>272</b>		M30	6	01:04:31	02:08:17	<b>02:57:26.35</b>	<b>02:57:30.70</b>	+00:29:14 (16.5%)	5:13	11.5 (83.3%)
7	<b>WOJNAROWICZ Paweł</b>	<b>113</b>		M30	7	01:07:00	02:11:00	<b>02:59:23.55</b>	<b>02:59:27.25</b>	+00:31:11 (17.4%)	5:16	11.4 (82.6%)
8	<b>WRÓBEL Kamil</b>	<b>92</b>		M30	8	01:09:17	02:15:33	<b>03:04:45.50</b>	<b>03:04:45.50</b>	+00:36:29 (19.8%)	5:26	11 (79.7%)
9	<b>LANGNER Radosław</b>	<b>75</b>	#SOBOTATOSOBOTA	M30	9	01:05:32	02:12:38	<b>03:06:10.30</b>	<b>03:06:13.65</b>	+00:37:57 (20.4%)	5:28	11 (79.7%)
10	<b>CEPIELIK Wojciech</b>	<b>30</b>		M30	10	01:10:10	02:16:45	<b>03:07:53.25</b>	<b>03:08:02.05</b>	+00:39:46 (21.1%)	5:31	10.9 (79.0%)
11	<b>BEGIER Dominik</b>	<b>201</b>	KP PSP SŁUBICE	M30	11	01:09:27	02:18:44	<b>03:09:22.25</b>	<b>03:09:22.25</b>	+00:41:06 (21.7%)	5:34	10.8 (78.3%)
12	<b>VRAL Thijs</b>	<b>310</b>		M30	12	01:10:49	02:21:01	<b>03:14:01.15</b>	<b>03:14:04.45</b>	+00:45:48 (23.6%)	5:42	10.5 (76.1%)
13	<b>IWANEK Przemysław</b>	<b>160</b>	PLANYBIEGOWE.PL	M30	13	01:13:25	02:24:29	<b>03:19:07.10</b>	<b>03:19:07.10</b>	+00:50:51 (25.5%)	5:51	10.2 (73.9%)
14	<b>GAWRON Paweł</b>	<b>31</b>	WEPA PIECHOWICE	M30	14	01:12:21	02:24:16	<b>03:20:57.85</b>	<b>03:21:03.85</b>	+00:52:47 (26.3%)	5:54	10.2 (73.9%)
15	<b>SNOWACKI Kamil</b>	<b>243</b>		M30	15	01:10:02	02:22:13	<b>03:23:55.55</b>	<b>03:23:55.55</b>	+00:55:39 (27.3%)	5:59	10 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	<b>SZCZEPANSKI Bartosz</b>	<b>58</b>		M30	16	01:09:46	02:25:58	<b>03:26:09.50</b>	<b>03:26:11.75</b>	+00:57:55 (28.1%)	6:03	9.9 (71.7%)
17	<b>KLAJA Aleksander</b>	<b>181</b>	ABEBE BIKILA RUNNING CLUB	M30	17	01:12:23	02:25:09	<b>03:26:28.25</b>	<b>03:26:39.90</b>	+00:58:23 (28.3%)	6:04	9.9 (71.7%)
18	<b>FIJOLEK Tomek</b>	<b>191</b>	FIZJOTERAPIA HD	M30	18	01:15:20	02:29:59	<b>03:28:27.40</b>	<b>03:28:27.40</b>	+01:00:11 (28.9%)	6:07	9.8 (71.0%)
19	<b>MINKO Dawid</b>	<b>302</b>	NADLEŚNICTWO ŚWIERADÓW	M30	19	01:19:21	02:33:53	<b>03:34:09.25</b>	<b>03:34:37.75</b>	+01:06:21 (30.9%)	6:17	9.5 (68.8%)
20	<b>PIETRZAK Jan</b>	<b>259</b>	LEGAL TAXES	M30	20	01:20:08	02:40:33	<b>03:40:01.65</b>	<b>03:40:01.65</b>	+01:11:45 (32.6%)	6:28	9.3 (67.4%)
21	<b>CZELEŃ Mateusz</b>	<b>114</b>		M30	21	01:22:02	02:43:13	<b>03:40:22.55</b>	<b>03:40:32.25</b>	+01:12:16 (32.8%)	6:28	9.3 (67.4%)
22	<b>TOMASZEWSKI Przemek</b>	<b>139</b>	RUN-TEAM RYDZYNA	M30	22	01:17:46	02:36:41	<b>03:41:24.05</b>	<b>03:41:31.10</b>	+01:13:15 (33.1%)	6:30	9.2 (66.7%)
23	<b>ONISZCZUK Karol</b>	<b>34</b>		M30	23	01:22:25	02:43:16	<b>03:41:33.05</b>	<b>03:41:42.90</b>	+01:13:26 (33.1%)	6:30	9.2 (66.7%)
24	<b>BIL Mariusz</b>	<b>199</b>	SWIM2TRI	M30	24	01:23:23	02:45:03	<b>03:42:42.85</b>	<b>03:42:42.85</b>	+01:14:26 (33.4%)	6:33	9.2 (66.7%)
25	<b>PINIARSKI Paweł</b>	<b>309</b>	DPKJIP / STR POZNAŃ	M30	25	01:20:00	02:40:12	<b>03:43:56.70</b>	<b>03:44:13.55</b>	+01:15:57 (33.9%)	6:35	9.1 (65.9%)
26	<b>NOWAK Dawid</b>	<b>76</b>	#BIEGAJLESZNO	M30	26	01:20:38	02:43:45	<b>03:47:21.65</b>	<b>03:47:24.40</b>	+01:19:08 (34.8%)	6:41	9 (65.2%)
27	<b>HAUZER Łukasz</b>	<b>143</b>	UCIEKAJĄCY RODZICE	M30	27	01:20:02	02:42:08	<b>03:49:52.10</b>	<b>03:49:52.10</b>	+01:21:36 (35.5%)	6:45	8.9 (64.5%)
28	<b>WINKOWSKI Adrian</b>	<b>206</b>	PRZEDWOJEWSKI TEAM	M30	28	01:27:43	02:48:53	<b>03:50:06.50</b>	<b>03:50:11.20</b>	+01:21:55 (35.6%)	6:46	8.9 (64.5%)
29	<b>DRWIĘGA Tomasz</b>	<b>23</b>		M30	29	01:26:20	02:49:22	<b>03:52:20.00</b>	<b>03:52:45.60</b>	+01:24:29 (36.3%)	6:50	8.8 (63.8%)
30	<b>KŁOS Wojciech</b>	<b>115</b>		M30	30	01:16:20	02:42:55	<b>03:52:41.05</b>	<b>03:52:51.40</b>	+01:24:35 (36.3%)	6:50	8.8 (63.8%)
31	<b>BIALIK Jędrzej</b>	<b>14</b>		M30	31	01:26:09	02:49:56	<b>03:54:16.85</b>	<b>03:54:16.85</b>	+01:26:00 (36.7%)	6:53	8.7 (63.0%)
32	<b>FORTAK Rafał</b>	<b>279</b>		M30	32	01:24:23	02:45:30	<b>03:54:30.05</b>	<b>03:54:52.90</b>	+01:26:36 (36.9%)	6:53	8.7 (63.0%)
33	<b>RUDZKI Martin</b>	<b>229</b>	PIAST LUTYNIA	M30	33	01:21:17	02:48:17	<b>03:58:20.05</b>	<b>03:58:43.70</b>	+01:30:27 (37.9%)	7:00	8.6 (62.3%)
34	<b>MARCINKOWSKI Maciej</b>	<b>244</b>	MM RUN TEAM	M30	34	01:27:43	02:52:24	<b>03:59:12.30</b>	<b>03:59:24.25</b>	+01:31:08 (38.1%)	7:02	8.5 (61.6%)
35	<b>PASTERNAK Przemysław</b>	<b>96</b>	SAMI SWOI	M30	35	01:25:15	02:47:27	<b>04:00:32.00</b>	<b>04:00:54.75</b>	+01:32:38 (38.5%)	7:04	8.5 (61.6%)
36	<b>JANKOWSKI Krzysztof</b>	<b>87</b>		M30	36	01:26:02	02:54:17	<b>04:02:19.25</b>	<b>04:02:34.75</b>	+01:34:18 (38.9%)	7:07	8.4 (60.9%)
37	<b>KIEŁB Wojciech</b>	<b>189</b>	KW DZIABKA	M30	37	01:20:02	02:49:31	<b>04:04:13.60</b>	<b>04:04:24.35</b>	+01:36:08 (39.3%)	7:10	8.4 (60.9%)
38	<b>KUBIK Mateusz</b>	<b>70</b>	FIZJOBIEGACZE SZCZECIN	M30	38	01:27:58	02:56:50	<b>04:04:55.05</b>	<b>04:04:55.05</b>	+01:36:39 (39.5%)	7:12	8.3 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
39	<b>KUC Patryk</b>	<b>169</b>		M30	39	01:22:33	02:50:57	<b>04:04:56.25</b>	<b>04:04:56.25</b>	+01:36:40 (39.5%)	7:12	8.3 (60.1%)
40	<b>KUROWSKI Artur</b>	<b>56</b>	PURA VIDA TEAM	M30	40	01:27:38	02:57:06	<b>04:09:23.45</b>	<b>04:09:44.90</b>	+01:41:28 (40.6%)	7:20	8.2 (59.4%)
41	<b>WALKOWIAK Bartosz</b>	<b>89</b>		M30	41	01:29:31	02:58:43	<b>04:09:38.85</b>	<b>04:09:52.95</b>	+01:41:36 (40.7%)	7:20	8.2 (59.4%)
42	<b>MAŁOSZEK Kacper</b>	<b>171</b>		M30	42	01:24:10	02:56:31	<b>04:10:49.05</b>	<b>04:11:15.10</b>	+01:42:59 (41.0%)	7:22	8.1 (58.7%)
43	<b>PIETRZAK Paweł</b>	<b>158</b>		M30	43	01:27:06	02:53:35	<b>04:13:06.25</b>	<b>04:13:29.70</b>	+01:45:13 (41.5%)	7:26	8.1 (58.7%)
44	<b>PASZEK Emil</b>	<b>51</b>		M30	44	01:28:47	03:00:01	<b>04:19:16.15</b>	<b>04:19:33.20</b>	+01:51:17 (42.9%)	7:37	7.9 (57.2%)
45	<b>SZELA Łukasz</b>	<b>145</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M30	45	01:34:50	03:06:38	<b>04:19:51.35</b>	<b>04:20:01.70</b>	+01:51:45 (43.0%)	7:38	7.9 (57.2%)
46	<b>PAWLAK Robert</b>	<b>112</b>		M30	46	01:33:38	03:04:18	<b>04:19:50.75</b>	<b>04:20:04.75</b>	+01:51:48 (43.0%)	7:38	7.9 (57.2%)
47	<b>KOSTRZEWSKI Maciej</b>	<b>3</b>	AAM POLAND RUNNING TEAM	M30	47	01:30:49	03:06:45	<b>04:20:30.00</b>	<b>04:20:41.00</b>	+01:52:25 (43.1%)	7:39	7.8 (56.5%)
48	<b>KRZYSZTOF Krzysztof</b>	<b>241</b>		M30	48	01:32:55	03:08:31	<b>04:20:36.60</b>	<b>04:20:47.55</b>	+01:52:31 (43.1%)	7:39	7.8 (56.5%)
49	<b>BOLEK Marcin</b>	<b>182</b>		M30	49	01:30:05	03:08:19	<b>04:23:46.95</b>	<b>04:23:53.95</b>	+01:55:37 (43.8%)	7:45	7.7 (55.8%)
50	<b>BUGAJ Alan</b>	<b>187</b>		M30	50	01:34:04	03:15:03	<b>04:28:02.35</b>	<b>04:28:20.70</b>	+02:00:04 (44.7%)	7:53	7.6 (55.1%)
51	<b>KOPACKI Tomasz</b>	<b>251</b>		M30	51	01:32:50	03:06:26	<b>04:31:12.80</b>	<b>04:31:33.65</b>	+02:03:17 (45.4%)	7:58	7.5 (54.3%)
52	<b>PLIS Jordan</b>	<b>67</b>		M30	52	01:38:19	03:19:16	<b>04:35:44.85</b>	<b>04:35:56.90</b>	+02:07:40 (46.3%)	8:06	7.4 (53.6%)
53	<b>MICHALAK Kamil</b>	<b>95</b>		M30	53	01:32:38	03:11:46	<b>04:36:01.30</b>	<b>04:36:22.90</b>	+02:08:06 (46.4%)	8:07	7.4 (53.6%)
54	<b>SAKRAJDA Piotr</b>	<b>273</b>		M30	54	01:39:41	03:19:47	<b>04:38:52.65</b>	<b>04:39:18.30</b>	+02:11:02 (46.9%)	8:12	7.3 (52.9%)
55	<b>WYCHOWALEK Jakub</b>	<b>257</b>	RURKI ALPINE CLUB	M30	55	01:40:57	03:20:54	<b>04:42:06.20</b>	<b>04:42:19.70</b>	+02:14:03 (47.5%)	8:17	7.2 (52.2%)
56	<b>POLIWOCZAK Patryk</b>	<b>15</b>		M30	56	01:25:44	03:06:24	<b>04:44:00.05</b>	<b>04:44:18.45</b>	+02:16:02 (47.8%)	8:21	7.2 (52.2%)
57	<b>ROSIKOŃ Bartłomiej</b>	<b>172</b>		M30	57	01:32:46	03:16:15	<b>04:47:32.10</b>	<b>04:47:42.85</b>	+02:19:26 (48.5%)	8:27	7.1 (51.4%)
58	<b>KUBICKI Piotr</b>	<b>104</b>	DZIKI ZGON KOŚCIAN	M30	58	01:41:17	03:28:59	<b>04:57:42.00</b>	<b>04:58:05.35</b>	+02:29:49 (50.3%)	8:45	6.9 (50.0%)
59	<b>JUSKOWIAK Mikołaj</b>	<b>98</b>		M30	59	01:41:28	03:29:54	<b>05:08:14.65</b>	<b>05:08:20.15</b>	+02:40:04 (51.9%)	9:03	6.6 (47.8%)
60	<b>MAĆKOWIAK Paweł</b>	<b>222</b>		M30	60	01:40:41	03:38:23	<b>05:12:17.05</b>	<b>05:12:29.50</b>	+02:44:13 (52.6%)	9:11	6.5 (47.1%)
61	<b>KACPRZYCKI Tomasz</b>	<b>121</b>		M30	61	01:47:47	03:44:10	<b>05:23:49.00</b>	<b>05:23:49.00</b>	+02:55:33 (54.2%)	9:31	6.3 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
62	<b>GORZELAK Artur</b>	<b>275</b>		M30	62	01:43:24	03:44:50	<b>05:36:47.85</b>	<b>05:37:02.75</b>	+03:08:46 (56.0%)	9:54	6.1 (44.2%)
	<b>JANKOWSKI Adam</b>	<b>218</b>		M30		01:33:49 DNF	03:36:08 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 63 wynik(ów)