

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2022-10-08  
**Miejsce:** Szklarska Poręba  
**Dystans:** 34 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	<b>RUTKOWSKI Dawid</b>	<b>1374</b>	GRIZZLYTEAM/140MINUT.PL	M40	1	01:02:06	02:01:42	<b>02:44:45.10</b>	<b>02:44:47.55</b>		4:50	12.4 (100%)
2	<b>KOTLAREK Dawid</b>	<b>1270</b>	MIZUNO / BIEGOSTACJA ULTRA TEAM	M40	2	01:00:04	02:00:00	<b>02:48:25.90</b>	<b>02:48:28.65</b>	+00:03:41 (2.2%)	4:57	12.1 (97.6%)
3	<b>MIELEWCZYK Tomasz</b>	<b>1466</b>	VERGE RUNNING TEAM	M40	3	01:07:42	02:13:17	<b>03:01:16.65</b>	<b>03:01:22.75</b>	+00:16:35 (9.1%)	5:19	11.3 (91.1%)
4	<b>SERAFIN Piotr</b>	<b>1465</b>	35MINUT.PL	M40	4	01:03:45	02:08:19	<b>03:02:16.00</b>	<b>03:02:20.10</b>	+00:17:32 (9.6%)	5:21	11.2 (90.3%)
5	<b>KOCEMBA Askaniusz</b>	<b>1469</b>	MARCIN ŚWIERC TEAM	M40	5	01:05:44	02:12:16	<b>03:05:19.85</b>	<b>03:05:22.75</b>	+00:20:35 (11.1%)	5:27	11 (88.7%)
6	<b>LITWIN Michał</b>	<b>1318</b>	LITEWIN	M40	6	01:07:55	02:15:16	<b>03:07:46.30</b>	<b>03:07:53.05</b>	+00:23:05 (12.3%)	5:31	10.9 (87.9%)
7	<b>PURA Robert</b>	<b>1477</b>		M40	7	01:11:29	02:22:39	<b>03:19:12.65</b>	<b>03:19:21.15</b>	+00:34:33 (17.3%)	5:51	10.2 (82.3%)
8	<b>BYRNE Keith</b>	<b>1449</b>	IRELAND	M40	8	01:13:20	02:29:41	<b>03:22:54.40</b>	<b>03:23:00.95</b>	+00:38:13 (18.8%)	5:58	10.1 (81.5%)
9	<b>CIEPLIŃSKI Tomek</b>	<b>1411</b>	SUDECKI KLUB WYSOKOGÓRSKI, WERTYKALNA KOTLINA	M40	9	01:14:29	02:29:39	<b>03:23:43.85</b>	<b>03:24:03.05</b>	+00:39:15 (19.2%)	5:59	10 (80.6%)
10	<b>SIKORSKI Maciej</b>	<b>1402</b>		M40	10	01:15:00	02:32:38	<b>03:34:57.50</b>	<b>03:35:16.40</b>	+00:50:28 (23.4%)	6:19	9.5 (76.6%)
11	<b>SKWARSKI Darek</b>	<b>1332</b>		M40	11	01:16:50	02:32:10	<b>03:37:05.95</b>	<b>03:37:13.65</b>	+00:52:26 (24.1%)	6:23	9.4 (75.8%)
12	<b>MARCINKOWSKI Michał</b>	<b>1393</b>	RUN TEAM RYDZYNA	M40	12	01:15:04	02:35:07	<b>03:41:32.05</b>	<b>03:41:39.95</b>	+00:56:52 (25.7%)	6:30	9.2 (74.2%)
13	<b>BACHURSKI Tomasz</b>	<b>1316</b>	140MINUT/KB HARCOWNIK	M40	13	01:17:24	02:38:15	<b>03:41:59.65</b>	<b>03:42:04.55</b>	+00:57:17 (25.8%)	6:31	9.2 (74.2%)
14	<b>SAJNÓG Leszek</b>	<b>1435</b>	BIEGAJ LESZNO	M40	14	01:20:33	02:40:41	<b>03:44:06.80</b>	<b>03:44:10.85</b>	+00:59:23 (26.5%)	6:35	9.1 (73.4%)
15	<b>IWANOWSKI Przemysław</b>	<b>1351</b>	SFORA CHOJNÓW	M40	15	01:15:11	02:36:21	<b>03:44:28.80</b>	<b>03:44:40.10</b>	+00:59:52 (26.7%)	6:36	9.1 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	<b>FORNALIK Adam</b>	<b>1335</b>	WARSAW INTERNATIONAL TRIATHLON CLUB	M40	16	01:24:51	02:44:00	<b>03:48:34.85</b>	<b>03:48:49.50</b>	+01:04:01 (28.0%)	6:43	8.9 (71.8%)
17	<b>SIKORSKI Szymon</b>	<b>1420</b>	NOA	M40	17	01:17:39	02:42:23	<b>03:48:53.95</b>	<b>03:48:59.70</b>	+01:04:12 (28.0%)	6:43	8.9 (71.8%)
18	<b>HRYCAJ Marcin</b>	<b>1380</b>	KB ODRA OPOLE	M40	18	01:23:12	02:43:19	<b>03:49:08.25</b>	<b>03:49:14.95</b>	+01:04:27 (28.1%)	6:44	8.9 (71.8%)
19	<b>LISOWICZ Krzysztof</b>	<b>1345</b>	XXXXX XXX	M40	19	01:21:49	02:43:04	<b>03:50:01.25</b>	<b>03:50:16.20</b>	+01:05:28 (28.4%)	6:45	8.9 (71.8%)
20	<b>DORNIAC Radek</b>	<b>1416</b>		M40	20	01:27:30	02:49:58	<b>03:50:52.45</b>	<b>03:51:06.15</b>	+01:06:18 (28.7%)	6:47	8.8 (71.0%)
21	<b>MICHAŁEK Emil</b>	<b>1251</b>	KB HARCOWNIK JELCZ-LASKOWICE	M40	21	01:22:27	02:51:27	<b>03:55:03.95</b>	<b>03:55:13.15</b>	+01:10:25 (29.9%)	6:54	8.7 (70.2%)
22	<b>TYL Radosław</b>	<b>1312</b>		M40	22	01:24:24	02:49:26	<b>03:56:30.35</b>	<b>03:56:52.50</b>	+01:12:04 (30.4%)	6:57	8.6 (69.4%)
23	<b>SŁOWIK Grzegorz</b>	<b>1286</b>	ZEFKA RUNNERS	M40	23	01:25:33	02:52:21	<b>03:58:21.75</b>	<b>03:58:30.45</b>	+01:13:42 (30.9%)	7:00	8.6 (69.4%)
24	<b>KĘDZIOR Bartłomiej</b>	<b>1405</b>		M40	24	01:21:40	02:46:01	<b>04:01:08.20</b>	<b>04:01:24.25</b>	+01:16:36 (31.7%)	7:05	8.5 (68.5%)
25	<b>CHILIMONIUK Mariusz</b>	<b>1266</b>		M40	25	01:27:13	02:57:28	<b>04:01:40.45</b>	<b>04:02:05.85</b>	+01:17:18 (31.9%)	7:06	8.4 (67.7%)
26	<b>TRACZYK Piotr</b>	<b>1475</b>		M40	26	01:26:22	02:56:32	<b>04:02:45.35</b>	<b>04:02:57.85</b>	+01:18:10 (32.2%)	7:08	8.4 (67.7%)
27	<b>GAWROŃSKI Sebastian</b>	<b>1451</b>	PZU SPORT TEAM	M40	27	01:25:56	02:55:07	<b>04:04:10.85</b>	<b>04:04:30.50</b>	+01:19:42 (32.6%)	7:10	8.4 (67.7%)
28	<b>DANAK Przemek</b>	<b>1299</b>		M40	28	01:38:57	03:14:01	<b>04:08:12.25</b>	<b>04:08:27.80</b>	+01:23:40 (33.7%)	7:18	8.2 (66.1%)
29	<b>JACHIMECKI Rafał</b>	<b>1317</b>	TUPU-TUPU GŁOGÓW	M40	29	01:23:09	02:50:01	<b>04:09:26.80</b>	<b>04:09:31.05</b>	+01:24:43 (34.0%)	7:20	8.2 (66.1%)
30	<b>RABIEJ Wojciech</b>	<b>1363</b>	DUCLA ACADEMY	M40	30	01:21:39	02:47:10	<b>04:12:02.50</b>	<b>04:12:17.25</b>	+01:27:29 (34.7%)	7:24	8.1 (65.3%)
31	<b>ROZMIAREK Przemysław</b>	<b>1274</b>	SZCZĘŚLIWY AMATOR	M40	31	01:22:38		<b>04:12:05.80</b>	<b>04:12:29.90</b>	+01:27:42 (34.7%)	7:24	8.1 (65.3%)
32	<b>PIETRZAK Marek</b>	<b>1238</b>		M40	32	01:30:19	03:01:49	<b>04:14:54.35</b>	<b>04:15:11.85</b>	+01:30:24 (35.4%)	7:29	8 (64.5%)
33	<b>BOROWIAK Łukasz</b>	<b>1284</b>	#BIEGAJLESZNO	M40	33	01:21:01	02:56:15	<b>04:16:34.35</b>	<b>04:16:38.10</b>	+01:31:50 (35.8%)	7:32	8 (64.5%)
34	<b>FRAŃSKI Łukasz</b>	<b>1219</b>	NKB CHYŻY	M40	34	01:31:06	03:02:13	<b>04:18:13.10</b>	<b>04:18:28.40</b>	+01:33:40 (36.2%)	7:35	7.9 (63.7%)
35	<b>SZUMIŃSKI Artur</b>	<b>1446</b>		M40	35	01:26:12	03:04:37	<b>04:20:13.60</b>	<b>04:20:19.85</b>	+01:35:32 (36.7%)	7:39	7.8 (62.9%)
36	<b>OZIMINA Hubert</b>	<b>1250</b>	OBORYGENI	M40	36	01:31:24	03:09:02	<b>04:21:18.45</b>	<b>04:21:28.80</b>	+01:36:41 (37.0%)	7:41	7.8 (62.9%)
37	<b>SKORA Wojciech</b>	<b>1471</b>		M40	37	01:35:52	03:09:49	<b>04:22:31.25</b>	<b>04:22:45.60</b>	+01:37:58 (37.3%)	7:43	7.8 (62.9%)
38	<b>GNIADY Krzysztof</b>	<b>1383</b>	FOXYFIT ICT POLAND	M40	38	01:32:24	03:13:51	<b>04:26:52.10</b>	<b>04:27:05.65</b>	+01:42:18 (38.3%)	7:50	7.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	PK B Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
39	<b>CICHOCKI Jerzy</b>	<b>1325</b>		M40	39	01:36:33	03:10:27	<b>04:27:50.90</b>	<b>04:28:10.20</b>	+01:43:22 (38.5%)	7:52	7.6 (61.3%)
40	<b>KONDRAKIEWICZ Rafał</b>	<b>1479</b>		M40	40	01:34:29	03:14:18	<b>04:29:46.75</b>	<b>04:30:02.00</b>	+01:45:14 (39.0%)	7:56	7.6 (61.3%)
41	<b>MAJDER Paweł</b>	<b>1387</b>		M40	41	01:32:09	03:11:16	<b>04:31:43.00</b>	<b>04:31:51.00</b>	+01:47:03 (39.4%)	7:59	7.5 (60.5%)
42	<b>GRACZYK Mariusz</b>	<b>1425</b>	ZGZB	M40	42	01:45:07	03:22:19	<b>04:33:36.40</b>	<b>04:33:49.95</b>	+01:49:02 (39.8%)	8:02	7.5 (60.5%)
43	<b>KANIECKI Paweł</b>	<b>1399</b>		M40	43	01:36:03	03:17:36	<b>04:36:44.95</b>	<b>04:36:52.25</b>	+01:52:04 (40.5%)	8:08	7.4 (59.7%)
44	<b>SZAMBELAŃCZYK Maciej</b>	<b>1441</b>		M40	44	01:26:18	03:19:29	<b>04:36:54.90</b>	<b>04:36:58.80</b>	+01:52:11 (40.5%)	8:08	7.4 (59.7%)
45	<b>PIETRZAKOWSKI Robert</b>	<b>1342</b>		M40	45	01:27:34	03:08:39	<b>04:36:47.40</b>	<b>04:37:11.60</b>	+01:52:24 (40.5%)	8:08	7.4 (59.7%)
46	<b>ZIMNY Ireneusz</b>	<b>1340</b>	EKO-OKNA RUNNERS	M40	46	01:38:48	03:24:05	<b>04:38:38.70</b>	<b>04:38:43.55</b>	+01:53:56 (40.9%)	8:11	7.3 (58.9%)
47	<b>DZIADEK Bartosz</b>	<b>1225</b>		M40	47	01:34:38	03:15:05	<b>04:39:57.30</b>	<b>04:40:15.50</b>	+01:55:27 (41.2%)	8:14	7.3 (58.9%)
48	<b>KRÓLICKI Zbigniew</b>	<b>1364</b>		M40	48	01:40:49	03:23:40	<b>04:40:15.50</b>	<b>04:40:32.65</b>	+01:55:45 (41.3%)	8:14	7.3 (58.9%)
49	<b>GĄSIOREK Daniel</b>	<b>1430</b>		M40	49	01:27:22	03:19:11	<b>04:46:48.80</b>	<b>04:47:01.50</b>	+02:02:13 (42.6%)	8:26	7.1 (57.3%)
50	<b>KALINOWSKI Daniel</b>	<b>1337</b>		M40	50	01:41:44	03:27:31	<b>04:47:02.95</b>	<b>04:47:24.40</b>	+02:02:36 (42.7%)	8:26	7.1 (57.3%)
51	<b>SOCHA Damian</b>	<b>1215</b>		M40	51	01:33:33	03:19:56	<b>04:49:38.50</b>	<b>04:49:49.65</b>	+02:05:02 (43.1%)	8:31	7 (56.5%)
52	<b>ANDRUSZKÓW Piotr</b>	<b>1259</b>		M40	52	01:36:33	03:27:40	<b>04:57:49.30</b>	<b>04:58:06.35</b>	+02:13:18 (44.7%)	8:45	6.8 (54.8%)
53	<b>WIECZOREK Sławomir</b>	<b>1235</b>		M40	53	01:41:01	03:34:00	<b>05:03:31.50</b>	<b>05:03:52.00</b>	+02:19:04 (45.8%)	8:55	6.7 (54.0%)
54	<b>HERCKA Robert</b>	<b>1237</b>		M40	54	01:45:11	03:39:30	<b>05:06:32.65</b>	<b>05:06:49.55</b>	+02:22:02 (46.3%)	9:00	6.7 (54.0%)
55	<b>PURA Paweł</b>	<b>1243</b>		M40	55	01:46:17	03:36:35	<b>05:07:30.50</b>	<b>05:07:55.85</b>	+02:23:08 (46.5%)	9:02	6.6 (53.2%)
56	<b>JÓŻWIK Artur</b>	<b>1234</b>	BIEGAM, BO BIEGAM ☐	M40	56	01:46:23	03:40:27	<b>05:10:13.05</b>	<b>05:10:37.30</b>	+02:25:49 (46.9%)	9:07	6.6 (53.2%)
57	<b>TEREBELSKI Sebastian</b>	<b>1265</b>		M40	57	01:47:47	03:39:17	<b>05:14:13.50</b>	<b>05:14:23.40</b>	+02:29:35 (47.6%)	9:14	6.5 (52.4%)
58	<b>CIRKO Grzegorz</b>	<b>1244</b>	JELEŃIA PLAST SPORT TEAM	M40	58	01:33:25	03:20:32	<b>05:14:48.70</b>	<b>05:14:56.90</b>	+02:30:09 (47.7%)	9:15	6.5 (52.4%)
59	<b>KOBIAK Krzysztof</b>	<b>1352</b>		M40	59	01:39:00	03:33:25	<b>05:15:32.60</b>	<b>05:15:40.80</b>	+02:30:53 (47.8%)	9:16	6.5 (52.4%)
60	<b>KACZMAREK Michał</b>	<b>1413</b>	BEERHIKER	M40	60	01:44:53	03:43:10	<b>05:23:30.80</b>	<b>05:23:55.40</b>	+02:39:07 (49.1%)	9:30	6.3 (50.8%)

Znaleziono 60 wynik(ów)