

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

Klasyfikacja: M40

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>RUTKOWSKI Dawid</b>	<b>238</b>	GRIZZLYTEAM/140MINUT.PL	M40	1	01:02:28	02:04:20	<b>02:47:12.60</b>	<b>02:47:12.60</b>		4:55	12.2 (100%)
2	<b>PIETRUCHA Maciej</b>	<b>91</b>		M40	2	01:02:15	02:03:12	<b>02:47:11.35</b>	<b>02:47:14.00</b>	+00:00:01 (0.0%)	4:55	12.2 (100%)
3	<b>WŁODARCZYK Jarosław</b>	<b>219</b>	KOWARY BIEGAJĄ	M40	3	00:59:20	02:01:13	<b>02:48:02.30</b>	<b>02:48:04.65</b>	+00:00:52 (0.5%)	4:56	12.1 (99.2%)
4	<b>ZBOROWSKI Krzysztof</b>	<b>262</b>		M40	4	01:05:19	02:10:55	<b>03:00:13.75</b>	<b>03:00:16.00</b>	+00:13:03 (7.2%)	5:18	11.3 (92.6%)
5	<b>BOSAKIEWICZ Tomasz</b>	<b>175</b>	AW SZYBCIEJ	M40	5	01:06:55	02:12:29	<b>03:02:51.75</b>	<b>03:02:51.75</b>	+00:15:39 (8.6%)	5:22	11.2 (91.8%)
6	<b>WOLAŃSKI Jan</b>	<b>300</b>	BIEGNIJ OŁAWO	M40	6	01:10:20	02:17:02	<b>03:06:17.65</b>	<b>03:06:21.65</b>	+00:19:09 (10.3%)	5:28	11 (90.2%)
7	<b>KUCHARSKI Robert</b>	<b>110</b>	ZAKOCHAJ SIĘ W BIEGANIU	M40	7	01:08:00	02:16:29	<b>03:09:42.55</b>	<b>03:09:47.95</b>	+00:22:35 (11.9%)	5:34	10.8 (88.5%)
8	<b>THIER Dominik</b>	<b>103</b>	KS KANDAHAR / TATRACAMP	M40	8	01:10:08	02:22:51	<b>03:18:55.60</b>	<b>03:18:59.55</b>	+00:31:46 (16.0%)	5:51	10.3 (84.4%)
9	<b>MRÓZ Marcin</b>	<b>266</b>	STR POZNAŃ / DZIKIE BOBRY	M40	9	01:11:39	02:22:04	<b>03:20:42.75</b>	<b>03:20:48.15</b>	+00:33:35 (16.7%)	5:54	10.2 (83.6%)
10	<b>ZAGUBIEŃ Wojtek</b>	<b>228</b>	EUFORIA BIEGACZA TEAM	M40	10	01:11:47	02:23:30	<b>03:21:14.25</b>	<b>03:21:14.25</b>	+00:34:01 (16.9%)	5:55	10.1 (82.8%)
11	<b>SMIRNOV Maksym</b>	<b>246</b>		M40	11	01:10:02	02:25:06	<b>03:26:02.85</b>	<b>03:26:06.15</b>	+00:38:53 (18.9%)	6:03	9.9 (81.1%)
12	<b>JANUSZKIEWICZ Grzegorz</b>	<b>152</b>		M40	12	01:18:02	02:32:14	<b>03:26:28.95</b>	<b>03:26:52.55</b>	+00:39:39 (19.2%)	6:04	9.9 (81.1%)
13	<b>MORYL Krystian</b>	<b>40</b>		M40	13	01:19:47	02:39:30	<b>03:38:55.95</b>	<b>03:39:13.70</b>	+00:52:01 (23.7%)	6:26	9.3 (76.2%)
14	<b>PODOLUK Marek</b>	<b>227</b>		M40	14	01:16:19	02:37:02	<b>03:41:08.60</b>	<b>03:41:08.60</b>	+00:53:56 (24.4%)	6:30	9.2 (75.4%)
15	<b>FRANEK Sebastian</b>	<b>132</b>	WLKP MOUNTAINS ULTRA	M40	15	01:17:19	02:34:53	<b>03:41:27.45</b>	<b>03:41:36.00</b>	+00:54:23 (24.5%)	6:30	9.2 (75.4%)

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>KLINICKI Adam</b>	<b>285</b>		M40	16	01:17:57	02:36:44	<b>03:43:52.25</b>	<b>03:43:52.25</b>	+00:56:39 (25.3%)	6:35	9.1 (74.6%)
17	<b>SMOTER Wojciech</b>	<b>47</b>	STAL NYSA	M40	17	01:21:32	02:42:57	<b>03:43:53.80</b>	<b>03:44:13.15</b>	+00:57:00 (25.4%)	6:35	9.1 (74.6%)
18	<b>KIŃCZYK Tomasz</b>	<b>301</b>	BIEGNIJ OŁAWO	M40	18	01:17:57	02:41:13	<b>03:44:54.00</b>	<b>03:44:58.70</b>	+00:57:46 (25.7%)	6:36	9.1 (74.6%)
19	<b>STRZELECKI Michał</b>	<b>105</b>	SMASHING PĄPKINS	M40	19	01:19:10	02:40:32	<b>03:44:51.70</b>	<b>03:45:03.60</b>	+00:57:51 (25.7%)	6:36	9.1 (74.6%)
20	<b>SAJNÓG Leszek</b>	<b>286</b>	#BIEGAJ LESZNO	M40	20	01:20:44	02:43:53	<b>03:47:21.30</b>	<b>03:47:24.90</b>	+01:00:12 (26.5%)	6:41	9 (73.8%)
21	<b>KAROLEWSKI Maciej</b>	<b>284</b>	KROTOSZYŃSKA GRUPA BIEGOWA	M40	21	01:20:48	02:42:36	<b>03:47:47.75</b>	<b>03:48:14.05</b>	+01:01:01 (26.7%)	6:41	9 (73.8%)
22	<b>MATYSIAK Maciej</b>	<b>48</b>	WLKP MU	M40	22	01:16:44	02:38:24	<b>03:49:12.00</b>	<b>03:49:29.05</b>	+01:02:16 (27.1%)	6:44	8.9 (73.0%)
23	<b>RATAJCZAK Mateusz</b>	<b>174</b>	MFS	M40	23	01:15:52	02:40:34	<b>03:51:10.70</b>	<b>03:51:23.75</b>	+01:04:11 (27.7%)	6:47	8.8 (72.1%)
24	<b>WYPYCH Bartosz</b>	<b>44</b>		M40	24	01:22:18	02:46:24	<b>03:52:05.35</b>	<b>03:52:18.70</b>	+01:05:06 (28.0%)	6:49	8.8 (72.1%)
25	<b>MACYSZYN Łukasz</b>	<b>36</b>		M40	25	01:23:23	02:44:39	<b>03:52:07.90</b>	<b>03:52:25.55</b>	+01:05:12 (28.1%)	6:49	8.8 (72.1%)
26	<b>FORNALIK Adam</b>	<b>225</b>	WITC	M40	26	01:26:16	02:45:25	<b>03:52:33.80</b>	<b>03:52:33.80</b>	+01:05:21 (28.1%)	6:50	8.8 (72.1%)
27	<b>PIETRZAKOWSKI Robert</b>	<b>254</b>		M40	27	01:23:58	02:47:10	<b>03:54:28.50</b>	<b>03:54:48.15</b>	+01:07:35 (28.8%)	6:53	8.7 (71.3%)
28	<b>BAKOWSKI Marcin</b>	<b>55</b>	KLUB ŚLIMAKA TORPEDY	M40	28	01:24:57	02:52:46	<b>03:54:49.10</b>	<b>03:54:57.15</b>	+01:07:44 (28.8%)	6:54	8.7 (71.3%)
29	<b>KUNECKI Norbert</b>	<b>287</b>	KB HARCOWNIK JELCZ LASKOWICE	M40	29	01:22:13	02:48:53	<b>03:58:16.95</b>	<b>03:58:29.70</b>	+01:11:17 (29.9%)	7:00	8.6 (70.5%)
30	<b>CIENIUCH Piotr</b>	<b>125</b>		M40	30	01:28:47	02:53:41	<b>03:59:06.70</b>	<b>03:59:20.35</b>	+01:12:07 (30.1%)	7:01	8.5 (69.7%)
31	<b>MARCINKOWSKI Michał</b>	<b>128</b>	RUN TEAM RYDZYNA	M40	31	01:20:20	02:45:52	<b>04:00:35.35</b>	<b>04:00:42.50</b>	+01:13:29 (30.5%)	7:04	8.5 (69.7%)
32	<b>KSIĘŻAREK Łukasz</b>	<b>136</b>	XC-SPORT TEAM	M40	32	01:21:13	02:51:40	<b>04:05:05.70</b>	<b>04:05:21.20</b>	+01:18:08 (31.8%)	7:12	8.3 (68.0%)
33	<b>GÓRSKI Mariusz</b>	<b>263</b>	GÓRBRATY	M40	33	01:30:17	02:56:43	<b>04:05:32.25</b>	<b>04:05:56.50</b>	+01:18:43 (32.0%)	7:13	8.3 (68.0%)
34	<b>WRAGA Andrzej</b>	<b>276</b>	PKE POLSKA	M40	34	01:24:57	02:51:32	<b>04:05:43.20</b>	<b>04:06:10.15</b>	+01:18:57 (32.1%)	7:13	8.3 (68.0%)
35	<b>MICHALCZYK Jacek</b>	<b>197</b>		M40	35	01:28:48	02:58:55	<b>04:12:25.45</b>	<b>04:12:44.75</b>	+01:25:32 (33.8%)	7:25	8.1 (66.4%)
36	<b>OLEJNICZAK Konrad</b>	<b>108</b>	FIZJOBIEGACZE SZCZECIN	M40	36	01:29:27	03:02:44	<b>04:15:35.25</b>	<b>04:15:56.75</b>	+01:28:44 (34.7%)	7:31	8 (65.6%)
37	<b>GĘSIAREK Grzegorz</b>	<b>137</b>		M40	37	01:31:11	03:02:18	<b>04:16:25.60</b>	<b>04:16:25.60</b>	+01:29:13 (34.8%)	7:32	8 (65.6%)
38	<b>ŻUREK Mateusz</b>	<b>57</b>		M40	38	01:30:46	03:04:30	<b>04:19:04.70</b>	<b>04:19:04.70</b>	+01:31:52 (35.5%)	7:37	7.9 (64.8%)

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>STASIAK Łukasz</b>	<b>168</b>		M40	39	01:35:01	03:06:40	<b>04:19:51.55</b>	<b>04:20:01.70</b>	+01:32:49 (35.7%)	7:38	7.9 (64.8%)
40	<b>BIZIEL Michał</b>	<b>149</b>		M40	40	01:29:55	03:01:52	<b>04:20:27.05</b>	<b>04:20:41.50</b>	+01:33:28 (35.9%)	7:39	7.8 (63.9%)
41	<b>GOŁĘBIEWSKI Marcin</b>	<b>144</b>		M40	41	01:26:32	03:00:53	<b>04:21:36.15</b>	<b>04:21:46.80</b>	+01:34:34 (36.1%)	7:41	7.8 (63.9%)
42	<b>ZIOMBKA Kuba</b>	<b>7</b>	WAWRZYTEAM	M40	42	01:27:04	03:02:12	<b>04:23:47.75</b>	<b>04:24:00.80</b>	+01:36:48 (36.7%)	7:45	7.7 (63.1%)
43	<b>MARCIN Muszyński-Łanowy</b>	<b>146</b>	#WKURW-TEAM	M40	43		02:57:01	<b>04:24:47.00</b>	<b>04:24:47.00</b>	+01:37:34 (36.9%)	7:47	7.7 (63.1%)
44	<b>PIETRZAK Marek</b>	<b>116</b>		M40	44	01:33:17	03:08:52	<b>04:26:14.90</b>	<b>04:26:37.55</b>	+01:39:24 (37.3%)	7:49	7.7 (63.1%)
45	<b>KWIATKOWSKI Kajetan</b>	<b>213</b>	KOWALE BIEGAJĄ	M40	45	01:30:11	03:06:55	<b>04:26:31.75</b>	<b>04:26:51.25</b>	+01:39:38 (37.3%)	7:50	7.7 (63.1%)
46	<b>BARTECKI Tomasz</b>	<b>274</b>	#PIGWATRIL	M40	46	01:36:40	03:11:04	<b>04:31:14.50</b>	<b>04:31:14.50</b>	+01:44:01 (38.4%)	7:58	7.5 (61.5%)
47	<b>SERWATKIEWICZ Grzegorz</b>	<b>230</b>		M40	47	01:33:15	03:11:13	<b>04:31:25.45</b>	<b>04:31:31.20</b>	+01:44:18 (38.4%)	7:58	7.5 (61.5%)
48	<b>SREJ Balazs</b>	<b>269</b>	KSW GROMADZKA	M40	48	01:35:11	03:14:32	<b>04:31:42.35</b>	<b>04:32:04.35</b>	+01:44:51 (38.5%)	7:59	7.5 (61.5%)
49	<b>WRÓBEL Sławomir</b>	<b>261</b>		M40	49	01:31:13	03:06:44	<b>04:32:40.80</b>	<b>04:33:06.25</b>	+01:45:53 (38.8%)	8:01	7.5 (61.5%)
50	<b>BĘBAS Paweł</b>	<b>94</b>	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M40	50	01:38:32	03:14:51	<b>04:33:25.10</b>	<b>04:33:49.50</b>	+01:46:36 (38.9%)	8:02	7.5 (61.5%)
51	<b>LEWANDOWSKI Krzysztof</b>	<b>165</b>	FC ZBIERANINA	M40	51	01:37:28	03:18:15	<b>04:33:40.20</b>	<b>04:33:56.75</b>	+01:46:44 (39.0%)	8:02	7.5 (61.5%)
52	<b>MAKOWSKI Rafal</b>	<b>214</b>		M40	52	01:30:23	03:09:56	<b>04:34:42.15</b>	<b>04:34:58.10</b>	+01:47:45 (39.2%)	8:04	7.4 (60.7%)
53	<b>KACZOR Marcin</b>	<b>52</b>	ADJ	M40	53	01:33:04	03:05:47	<b>04:24:30.00</b>	<b>04:35:29.00</b>	+01:48:16 (39.3%)	7:46	7.7 (63.1%)
54	<b>TUCZYNSKI Maciej</b>	<b>43</b>	ACTIVE TEAM BEZBALASU	M40	54	01:26:32	02:58:10	<b>04:35:30.65</b>	<b>04:35:55.35</b>	+01:48:42 (39.4%)	8:06	7.4 (60.7%)
55	<b>MAJDER Paweł</b>	<b>216</b>	CAŁA OLEŚNICA BIEGA	M40	55	01:29:02	03:12:02	<b>04:37:56.40</b>	<b>04:38:05.25</b>	+01:50:52 (39.9%)	8:10	7.3 (59.8%)
56	<b>KACZMAREK Dominik</b>	<b>97</b>		M40	56	01:30:51	03:12:42	<b>04:37:58.30</b>	<b>04:38:05.55</b>	+01:50:52 (39.9%)	8:10	7.3 (59.8%)
57	<b>ZAPOTOCZNY Mariusz</b>	<b>170</b>		M40	57	01:34:16	03:16:35	<b>04:41:23.75</b>	<b>04:41:44.45</b>	+01:54:31 (40.7%)	8:16	7.2 (59.0%)
58	<b>SZURKO Michał</b>	<b>120</b>		M40	58	01:42:49	03:23:49	<b>04:41:53.35</b>	<b>04:42:18.65</b>	+01:55:06 (40.8%)	8:17	7.2 (59.0%)
59	<b>MARCISZ Karol</b>	<b>196</b>	KROTOSZYŃSKA GRUPA BIEGOWA	M40	59	01:31:18	03:13:47	<b>04:42:14.05</b>	<b>04:42:40.35</b>	+01:55:27 (40.8%)	8:18	7.2 (59.0%)
60	<b>ROKICKI Dawid</b>	<b>211</b>		M40	60	01:33:24	03:19:50	<b>04:43:11.25</b>	<b>04:43:23.75</b>	+01:56:11 (41.0%)	8:19	7.2 (59.0%)
61	<b>GONSIOR Zbigniew</b>	<b>224</b>		M40	61	01:40:53	03:21:36	<b>04:44:56.60</b>	<b>04:45:01.85</b>	+01:57:49 (41.3%)	8:22	7.2 (59.0%)

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>DZIADEK Bartosz</b>	<b>26</b>	ZAWSZE Z GÓRKI	M40	62	01:38:14	03:21:35	<b>04:45:09.00</b>	<b>04:45:18.45</b>	+01:58:05 (41.4%)	8:23	7.2 (59.0%)
63	<b>RYNKIEWICZ Wojciech</b>	<b>280</b>		M40	63	01:33:30	03:19:52	<b>04:48:54.85</b>	<b>04:49:08.05</b>	+02:01:55 (42.2%)	8:29	7.1 (58.2%)
64	<b>GWÓZDŹ Paweł</b>	<b>296</b>		M40	64	01:37:59	03:21:58	<b>04:50:37.70</b>	<b>04:51:06.75</b>	+02:03:54 (42.6%)	8:32	7 (57.4%)
65	<b>JÓŻWIK Artur</b>	<b>10</b>	BIEGAM, BO BIEGAM ☐	M40	65	01:45:58	03:34:40	<b>04:51:37.70</b>	<b>04:51:59.20</b>	+02:04:46 (42.7%)	8:34	7 (57.4%)
66	<b>DZIERŻANOWSKI Jacek</b>	<b>283</b>	BIEGAM WOLNO BO MI WOLNO	M40	66	01:41:16	03:33:20	<b>04:51:51.65</b>	<b>04:52:10.30</b>	+02:04:57 (42.8%)	8:35	7 (57.4%)
67	<b>SOBAŃSKI Dominik</b>	<b>163</b>	FC ZBIERANINA	M40	67	01:37:30	03:20:04	<b>04:56:58.65</b>	<b>04:57:16.30</b>	+02:10:03 (43.8%)	8:44	6.9 (56.6%)
68	<b>GRZYWIŃSKI Bartosz</b>	<b>69</b>	RAMIRENT	M40	68	01:39:45	03:25:01	<b>04:57:06.65</b>	<b>04:57:33.75</b>	+02:10:21 (43.8%)	8:44	6.9 (56.6%)
69	<b>POHL Arkadiusz</b>	<b>22</b>		M40	69	01:36:16	03:21:56	<b>04:59:51.90</b>	<b>05:00:00.45</b>	+02:12:47 (44.3%)	8:49	6.8 (55.7%)
70	<b>MATYSIAK Andrzej</b>	<b>150</b>		M40	70	01:28:31	03:20:15	<b>05:05:44.55</b>	<b>05:05:44.55</b>	+02:18:31 (45.3%)	8:59	6.7 (54.9%)
71	<b>ROGUZIŃSKI Radosław</b>	<b>65</b>	RDX	M40	71	01:40:43	03:31:57	<b>05:05:43.05</b>	<b>05:06:06.65</b>	+02:18:54 (45.4%)	8:59	6.7 (54.9%)
72	<b>POLEROWICZ Adrian</b>	<b>235</b>	GÓROŁAZI	M40	72	01:29:11	03:20:48	<b>05:07:35.95</b>	<b>05:07:40.80</b>	+02:20:28 (45.7%)	9:02	6.6 (54.1%)
73	<b>KWAPISZ Paweł</b>	<b>294</b>		M40	73	01:35:09	03:28:51	<b>05:09:03.85</b>	<b>05:09:10.10</b>	+02:21:57 (45.9%)	9:05	6.6 (54.1%)
74	<b>KLIMEK Piotr</b>	<b>33</b>		M40	74	01:30:07	03:18:44	<b>05:15:10.15</b>	<b>05:15:24.75</b>	+02:28:12 (47.0%)	9:16	6.5 (53.3%)
75	<b>JASCHOK Marcin</b>	<b>101</b>	MANGO-MARACUJA	M40	75	01:43:17	03:36:17	<b>05:19:06.50</b>	<b>05:19:06.50</b>	+02:31:53 (47.6%)	9:23	6.4 (52.5%)
76	<b>ZACHARA Grzegorz</b>	<b>198</b>		M40	76	01:59:55	04:17:50	<b>05:58:04.10</b>	<b>05:58:22.05</b>	+03:11:09 (53.3%)	10:31	5.7 (46.7%)
<b>Przekroczony limit czasu: 06:00:00</b>												
77	<b>OLSZANSKI Tomasz</b>	<b>12</b>		M40	77	02:04:31	04:22:21	<b>06:19:05.30</b>	<b>06:19:26.05</b>	+03:32:13 (55.9%)	11:08	5.4 (44.3%)
	<b>BOROWIAK Łukasz</b>	<b>13</b>	#BIEGAJLESZNO	M40		01:32:31 DNF	03:15:51 DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)
	<b>KMIEĆ Łukasz</b>	<b>192</b>	FC ZBIERANINA	M40		01:49:35 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)

Znaleziono 79 wynik(ów)