

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

Klasyfikacja: Mężczyźni

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	PYSZEL Florian	1427	PIEKIELNI WARSZAWA	M20	1	00:52:23	01:41:53	02:17:01.40	02:17:03.40		4:01	14.9 (100%)
2	GORZELAŃCZYK Jakub	1354	MKS SIECHNICE	M30	1	00:50:40	01:40:39	02:17:15.40	02:17:17.25	+00:00:13 (0.2%)	4:02	14.9 (100%)
3	LEŚNIAK Kami	1432	HOKA GARMIN TEAM	M20	2	00:54:24	01:47:31	02:27:38.05	02:27:39.70	+00:10:36 (7.2%)	4:20	13.8 (92.6%)
4	JUREK Michał	1373	RMT TEAM PRO	M30	2	00:57:45	01:53:59	02:33:59.95	02:34:02.05	+00:16:58 (11.0%)	4:31	13.2 (88.6%)
5	KLAMUT Michał	1273	BHPE/GOPR KARKONOSZE	M30	3	00:56:51	01:53:43	02:34:10.90	02:34:13.00	+00:17:09 (11.1%)	4:32	13.2 (88.6%)
6	BONIEC Radosław	1423	NADLEŚNICTWO LIPINKI/140MINUT.PL	M30	4	00:57:29	01:54:13	02:35:50.15	02:35:52.45	+00:18:49 (12.1%)	4:35	13.1 (87.9%)
7	STANKIEWICZ Tomasz	1305	PLANYBIEGOWE.PL	M30	5	01:00:56	02:00:02	02:44:44.00	02:44:46.40	+00:27:43 (16.8%)	4:50	12.4 (83.2%)
8	RUTKOWSKI Dawid	1374	GRIZZLYTEAM/140MINUT.PL	M40	1	01:02:06	02:01:42	02:44:45.10	02:44:47.55	+00:27:44 (16.8%)	4:50	12.4 (83.2%)
9	KOTLAREK Dawid	1270	MIZUNO / BIEGOSTACJA ULTRA TEAM	M40	2	01:00:04	02:00:00	02:48:25.90	02:48:28.65	+00:31:25 (18.6%)	4:57	12.1 (81.2%)
10	BORZYSTOWSKI Patryk	1395	#ZALINIAMETYTEAM	M30	6	01:03:12	02:04:48	02:49:45.85	02:49:48.00	+00:32:44 (19.3%)	4:59	12 (80.5%)
11	SZKOŁA Wojciech	1289	NATURAL BORN RUNNERS	M30	7	01:02:11	02:02:17	02:49:50.50	02:49:53.65	+00:32:50 (19.3%)	4:59	12 (80.5%)
12	TOMASIAK Adam	1245		M20	3	01:02:55	02:05:56	02:51:49.65	02:51:52.75	+00:34:49 (20.3%)	5:03	11.9 (79.9%)
13	STANGRECIAK Adam	1328		M30	8	01:05:06	02:08:23	02:56:33.40	02:56:36.15	+00:39:32 (22.4%)	5:11	11.6 (77.9%)
14	NOWACKI Mateusz	1452	PRZEDWOJEWSKI TEAM	M30	9	01:05:03	02:08:53	02:57:06.05	02:57:09.75	+00:40:06 (22.6%)	5:12	11.5 (77.2%)
15	MIELEWCZYK Tomasz	1466	VERGE RUNNING TEAM	M40	3	01:07:42	02:13:17	03:01:16.65	03:01:22.75	+00:44:19 (24.4%)	5:19	11.3 (75.8%)

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16	ŚNIERZYŃSKI Robert	1343		M30	10	01:07:34	02:12:53	03:02:04.40	03:02:07.60	+00:45:04 (24.7%)	5:21	11.2 (75.2%)
17	SERAFIN Piotr	1465	35MINUT.PL	M40	4	01:03:45	02:08:19	03:02:16.00	03:02:20.10	+00:45:16 (24.8%)	5:21	11.2 (75.2%)
18	GAŚIOROWSKI Jarosław	1248		M20	4	01:08:18	02:13:54	03:03:04.25	03:03:14.05	+00:46:10 (25.2%)	5:23	11.1 (74.5%)
19	STRASZAK Patryk	1415	MOCNA GRUPA CEZARA	M20	5	01:03:56	02:10:27	03:04:56.70	03:05:00.95	+00:47:57 (25.9%)	5:26	11 (73.8%)
20	KOCEMBA Askaniusz	1469	MARCIN ŚWIERC TEAM	M40	5	01:05:44	02:12:16	03:05:19.85	03:05:22.75	+00:48:19 (26.1%)	5:27	11 (73.8%)
21	WOJNAROWICZ Paweł	1372		M30	11	01:09:41	02:15:13	03:06:27.95	03:06:31.70	+00:49:28 (26.5%)	5:29	10.9 (73.2%)
22	LITWIN Michał	1318	LITEWIN	M40	6	01:07:55	02:15:16	03:07:46.30	03:07:53.05	+00:50:49 (27.1%)	5:31	10.9 (73.2%)
23	GUZIKIEWICZ Kamil	1271		M30	12	01:06:38	02:15:06	03:12:47.35	03:13:11.30	+00:56:07 (29.1%)	5:40	10.6 (71.1%)
24	SZUTA Maciej	1357		M30	13	01:09:00	02:18:06	03:16:23.65	03:16:36.15	+00:59:32 (30.3%)	5:46	10.4 (69.8%)
25	SIEMIOŃCZYK Jan	1442		M30	14	01:11:54	02:24:01	03:16:42.45	03:16:49.85	+00:59:46 (30.4%)	5:47	10.4 (69.8%)
26	GOŁĘBIEWICZ Wojciech	1315	ŻARŁOKI	M20	6	01:07:50	02:18:31	03:17:05.60	03:17:09.85	+01:00:06 (30.5%)	5:47	10.4 (69.8%)
27	GRZEGORZEWSKI Wojciech	1346		M20	7	01:14:06	02:24:04	03:18:44.40	03:18:53.95	+01:01:50 (31.1%)	5:50	10.3 (69.1%)
28	KUDREJ Grzegorz	1267	MOCNA GRUPA CEZARA	M30	15	01:13:06	02:26:06	03:18:55.65	03:19:00.80	+01:01:57 (31.1%)	5:51	10.3 (69.1%)
29	PURA Robert	1477		M40	7	01:11:29	02:22:39	03:19:12.65	03:19:21.15	+01:02:17 (31.2%)	5:51	10.2 (68.5%)
30	MACIEJEWSKI Rafał	1334		M30	16	01:07:16	02:16:06	03:21:01.65	03:21:07.25	+01:04:03 (31.9%)	5:54	10.1 (67.8%)
31	JAKÓBCZAK Kuba	1371		M30	17	01:14:11	02:28:21	03:22:30.90	03:22:39.40	+01:05:36 (32.4%)	5:57	10.1 (67.8%)
32	BYRNE Keith	1449	IRELAND	M40	8	01:13:20	02:29:41	03:22:54.40	03:23:00.95	+01:05:57 (32.5%)	5:58	10.1 (67.8%)
33	CIEPLIŃSKI Tomek	1411	SUDECKI KLUB WYSOKOGÓRSKI, WERTYKALNA KOTLINA	M40	9	01:14:29	02:29:39	03:23:43.85	03:24:03.05	+01:06:59 (32.8%)	5:59	10 (67.1%)
34	DOBIJA Jacek	1390		M30	18	01:28:39	02:35:21	03:23:44.10	03:24:03.10	+01:06:59 (32.8%)	5:59	10 (67.1%)
35	KACZMAREK Filip	1431		M20	8	01:15:20	02:28:29	03:24:17.65	03:24:22.80	+01:07:19 (32.9%)	6:00	10 (67.1%)
36	WANAT Mateusz	1407	PRZEDWOJEWSKI TEAM	M30	19	01:16:16	02:30:06	03:24:48.15	03:24:55.80	+01:07:52 (33.1%)	6:01	10 (67.1%)
37	JĘDRYCHOWSKI Bartłomiej	1428	WEMECOTEAM	M30	20	01:10:51	02:25:28	03:25:36.50	03:25:39.65	+01:08:36 (33.4%)	6:02	9.9 (66.4%)
38	SZAFRAŃSKI Dominik	1333	OBORNICKI KLUB LEKKOATLETYCZNY	M30	21	01:10:40	02:23:42	03:26:59.90	03:27:02.35	+01:09:58 (33.8%)	6:05	9.9 (66.4%)

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
39	GÓRECKI Krzysztof	1211		M20	9	01:17:25	02:33:32	03:30:40.20	03:30:46.00	+01:13:42 (35.0%)	6:11	9.7 (65.1%)
40	TOMASIK Andrzej	1287		M50	1	01:22:50		03:31:36.50	03:31:42.10	+01:14:38 (35.3%)	6:13	9.6 (64.4%)
41	KUCHARSKI Adrian	1285	ZEFKA RUNNERS/ PRZEDWOJEWSKI TEAM	M30	22	01:12:33	02:30:36	03:33:03.00	03:33:10.95	+01:16:07 (35.7%)	6:15	9.6 (64.4%)
42	BYŚ Mateusz	1329		M30	23	01:16:51	02:34:21	03:34:34.40	03:34:49.95	+01:17:46 (36.2%)	6:18	9.5 (63.8%)
43	WARDEGA Adrian	1386		M30	24	01:11:05	02:31:09	03:34:47.05	03:34:56.15	+01:17:52 (36.2%)	6:19	9.5 (63.8%)
44	SIKORSKI Maciej	1402		M40	10	01:15:00	02:32:38	03:34:57.50	03:35:16.40	+01:18:13 (36.3%)	6:19	9.5 (63.8%)
45	MALIGRANDA Mariusz	1276		M30	25	01:18:27	02:35:31	03:36:25.90	03:36:30.30	+01:19:26 (36.7%)	6:21	9.4 (63.1%)
46	SKWARSKI Darek	1332		M40	11	01:16:50	02:32:10	03:37:05.95	03:37:13.65	+01:20:10 (36.9%)	6:23	9.4 (63.1%)
47	WAŁCZYK Mateusz	1283		M30	26	01:13:59	02:32:05	03:38:00.20	03:38:07.80	+01:21:04 (37.2%)	6:24	9.4 (63.1%)
48	TOMELA Maciej	1350		M30	27	01:14:37	02:34:45	03:39:42.00	03:39:49.60	+01:22:46 (37.7%)	6:27	9.3 (62.4%)
49	BŁASZCZAK Marek	1294	MOCNA GRUPA CEZARA	M30	28	01:17:19	02:35:25	03:40:19.80	03:40:24.45	+01:23:21 (37.8%)	6:28	9.3 (62.4%)
50	MARCINKOWSKI Michał	1393	RUN TEAM RYDZYNA	M40	12	01:15:04	02:35:07	03:41:32.05	03:41:39.95	+01:24:36 (38.2%)	6:30	9.2 (61.7%)
51	BACHURSKI Tomasz	1316	140MINUT/KB HARCOWNIK	M40	13	01:17:24	02:38:15	03:41:59.65	03:42:04.55	+01:25:01 (38.3%)	6:31	9.2 (61.7%)
52	KORZYCKI Tadeusz	1450	AMATOR	M60	1	01:16:54	02:36:10	03:42:02.35	03:42:11.25	+01:25:07 (38.3%)	6:31	9.2 (61.7%)
53	GAWROŃSKI Ireneusz	1227	AMATOR	M60	2	01:19:23		03:43:16.95	03:43:20.55	+01:26:17 (38.6%)	6:34	9.1 (61.1%)
54	LATOS Janusz	1482		M60	3	01:19:16	02:40:04	03:43:10.90	03:43:26.75	+01:26:23 (38.7%)	6:33	9.1 (61.1%)
55	SZCZEPANSKI Bartosz	1249	REBELS SOFTWARE	M30	29	01:14:47	02:36:00	03:43:32.70	03:43:39.65	+01:26:36 (38.7%)	6:34	9.1 (61.1%)
56	MIKOŁAJSKI Krzysztof	1370	MUD FOXES	M30	30	01:17:13	02:38:21	03:43:52.75	03:43:57.95	+01:26:54 (38.8%)	6:35	9.1 (61.1%)
57	SAJNÓG Leszek	1435	BIEGAJ LESZNO	M40	14	01:20:33	02:40:41	03:44:06.80	03:44:10.85	+01:27:07 (38.9%)	6:35	9.1 (61.1%)
58	IWANOWSKI Przemysław	1351	SFORA CHOJNÓW	M40	15	01:15:11	02:36:21	03:44:28.80	03:44:40.10	+01:27:36 (39.0%)	6:36	9.1 (61.1%)
59	GOLA Henryk	1389		M50	2	01:19:29	02:41:52	03:44:56.65	03:45:01.80	+01:27:58 (39.1%)	6:36	9.1 (61.1%)
60	BEDNARZ Jarosław	1309	SMS SZKLARSKA PORĘBA	M50	3	01:18:11	02:40:10	03:47:14.70	03:47:19.60	+01:30:16 (39.7%)	6:41	9 (60.4%)
61	DAWIDZIŃSKI Tomasz	1308	AKTYWNI RAZEM	M30	31	01:21:17	02:45:13	03:47:46.20	03:47:56.90	+01:30:53 (39.9%)	6:41	9 (60.4%)

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62	SYCHOWSKI Dawid	1264		M30	32	01:19:08	02:43:20	03:47:46.05	03:48:00.40	+01:30:57 (39.9%)	6:41	9 (60.4%)
63	FORNALIK Adam	1335	WARSAW INTERNATIONAL TRIATHLON CLUB	M40	16	01:24:51	02:44:00	03:48:34.85	03:48:49.50	+01:31:46 (40.1%)	6:43	8.9 (59.7%)
64	KRAJEWSKI Marcin	1445		M30	33	01:20:10	02:41:54	03:48:53.65	03:48:59.25	+01:31:55 (40.1%)	6:43	8.9 (59.7%)
65	SIKORSKI Szymon	1420	NOA	M40	17	01:17:39	02:42:23	03:48:53.95	03:48:59.70	+01:31:56 (40.1%)	6:43	8.9 (59.7%)
66	HRYCAJ Marcin	1380	KB ODRA OPOLE	M40	18	01:23:12	02:43:19	03:49:08.25	03:49:14.95	+01:32:11 (40.2%)	6:44	8.9 (59.7%)
67	LISOWICZ Krzysztof	1345	XXXXX XXX	M40	19	01:21:49	02:43:04	03:50:01.25	03:50:16.20	+01:33:12 (40.5%)	6:45	8.9 (59.7%)
68	ZAWIŁA Dominik	1347		M20	10	01:25:46	02:50:04	03:50:08.30	03:50:20.60	+01:33:17 (40.5%)	6:46	8.9 (59.7%)
69	PASZKOWIAK Dominik	1414		M20	11	01:22:27	02:47:32	03:50:15.30	03:50:31.00	+01:33:27 (40.5%)	6:46	8.9 (59.7%)
70	DORNIAC Radek	1416		M40	20	01:27:30	02:49:58	03:50:52.45	03:51:06.15	+01:34:02 (40.7%)	6:47	8.8 (59.1%)
71	DRWIĘGA Tomasz	1293		M30	34	01:22:42	02:42:32	03:51:58.85	03:52:23.60	+01:35:20 (41.0%)	6:49	8.8 (59.1%)
72	MICHAŁEK Emil	1251	KB HARCOWNIK JELCZ-LASKOWICE	M40	21	01:22:27	02:51:27	03:55:03.95	03:55:13.15	+01:38:09 (41.7%)	6:54	8.7 (58.4%)
73	WERLE Michał	1453	AI CLEARING	M30	35	01:19:39	02:43:47	03:55:03.50	03:55:21.25	+01:38:17 (41.8%)	6:54	8.7 (58.4%)
74	PISARCZYK Grzegorz	1443		M30	36	01:25:38	02:51:54	03:55:30.00	03:55:55.20	+01:38:51 (41.9%)	6:55	8.7 (58.4%)
75	POSADOWSKI Szymon	1444	140MINUT	M30	37		02:58:39	03:56:24.15	03:56:30.30	+01:39:26 (42.0%)	6:57	8.6 (57.7%)
76	TYL Radosław	1312		M40	22	01:24:24	02:49:26	03:56:30.35	03:56:52.50	+01:39:49 (42.1%)	6:57	8.6 (57.7%)
77	FORTAK Rafał	1362		M30	38	01:21:26	02:46:19	03:57:36.75	03:58:02.20	+01:40:58 (42.4%)	6:59	8.6 (57.7%)
78	KOSOWSKI Przemysław	1462	NATIONALE-NEDERLANDEN	M50	4	01:20:47	02:45:13	03:57:59.20	03:58:13.00	+01:41:09 (42.5%)	6:59	8.6 (57.7%)
79	ZABOROWSKI Kamil	1409	ZALINIAMETY	M30	39	01:30:06	02:55:38	03:58:03.60	03:58:17.80	+01:41:14 (42.5%)	7:00	8.6 (57.7%)
80	SŁOWIK Grzegorz	1286	ZEFKA RUNNERS	M40	23	01:25:33	02:52:21	03:58:21.75	03:58:30.45	+01:41:27 (42.5%)	7:00	8.6 (57.7%)
81	MIGURSKI Jakub	1384		M30	40	01:25:08	02:52:03	03:58:21.95	03:58:33.55	+01:41:30 (42.5%)	7:00	8.6 (57.7%)
82	JASIAK Karol	1297	ZEFKA RUNNERS	M30	41	01:21:57	02:48:37	04:00:18.25	04:00:27.70	+01:43:24 (43.0%)	7:04	8.5 (57.0%)
83	KUBISIAK Dariusz	1436		M50	5	01:27:32	02:55:01	04:00:59.35	04:01:18.05	+01:44:14 (43.2%)	7:05	8.5 (57.0%)
84	KĘDZIOR Bartłomiej	1405		M40	24	01:21:40	02:46:01	04:01:08.20	04:01:24.25	+01:44:20 (43.2%)	7:05	8.5 (57.0%)

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85	MIJAKOWSKI Pawel	1464	MIJAKOWSKI TEAM	M50	6	01:21:35	02:49:09	04:01:52.85	04:02:05.70	+01:45:02 (43.4%)	7:06	8.4 (56.4%)
86	CHILIMONIUK Mariusz	1266		M40	25	01:27:13	02:57:28	04:01:40.45	04:02:05.85	+01:45:02 (43.4%)	7:06	8.4 (56.4%)
87	KORYTKOWSKI Jakub	1382		M20	12	01:26:27	02:55:09	04:02:32.85	04:02:47.25	+01:45:43 (43.5%)	7:08	8.4 (56.4%)
88	TRACZYK Piotr	1475		M40	26	01:26:22	02:56:32	04:02:45.35	04:02:57.85	+01:45:54 (43.6%)	7:08	8.4 (56.4%)
89	GAWROŃSKI Sebastian	1451	PZU SPORT TEAM	M40	27	01:25:56	02:55:07	04:04:10.85	04:04:30.50	+01:47:27 (43.9%)	7:10	8.4 (56.4%)
90	BIALIK Jędrzej	1239		M30	42	01:31:29	02:58:39	04:04:12.10	04:04:32.55	+01:47:29 (44.0%)	7:10	8.4 (56.4%)
91	STRONIKOWSKI Wojciech	1296	DRUŻYNA STASIA	M30	43	01:26:07	02:51:21	04:04:45.65	04:05:07.60	+01:48:04 (44.1%)	7:11	8.3 (55.7%)
92	DOBZYCKI Mateusz	1231	NADLEŚNICTWO KAMIENNA GÓRA	M30	44	01:27:37	03:00:12	04:06:56.25	04:07:21.15	+01:50:17 (44.6%)	7:15	8.3 (55.7%)
93	BUDNY Kamil	1447		M30	45	01:26:19	02:56:04	04:07:22.80	04:07:42.70	+01:50:39 (44.7%)	7:16	8.2 (55.0%)
94	KRYSZKIEWICZ Tomasz	1353		M50	7	01:26:50	02:53:24	04:07:33.75	04:07:49.75	+01:50:46 (44.7%)	7:16	8.2 (55.0%)
95	DANAK Przemek	1299		M40	28	01:38:57	03:14:01	04:08:12.25	04:08:27.80	+01:51:24 (44.8%)	7:18	8.2 (55.0%)
96	KOZŁOWSKI Tomasz	1247	LESZ NO LIMITS RUNNERS	M50	8	01:25:44	02:58:39	04:08:59.55	04:09:04.25	+01:52:00 (45.0%)	7:19	8.2 (55.0%)
97	NOWAK Dawid	1320	#BIEGAJLESZNO	M30	46	01:23:06	02:50:05	04:09:27.65	04:09:30.95	+01:52:27 (45.1%)	7:20	8.2 (55.0%)
98	JACHIMECKI Rafał	1317	TUPU-TUPU GŁOGÓW	M40	29	01:23:09	02:50:01	04:09:26.80	04:09:31.05	+01:52:27 (45.1%)	7:20	8.2 (55.0%)
99	CIRILLO Saverio	1437		M30	47	01:25:51	02:58:00	04:09:16.85	04:09:34.60	+01:52:31 (45.1%)	7:19	8.2 (55.0%)
100	BUGAJ Alan	1226		M30	48	01:26:35	02:58:28	04:09:31.55	04:09:44.40	+01:52:41 (45.1%)	7:20	8.2 (55.0%)
101	ŁATWIŃSKI Mateusz	1300	MOCNA GRUPA CEZARA	M20	13	01:26:04	03:00:40	04:09:44.75	04:09:49.90	+01:52:46 (45.1%)	7:20	8.2 (55.0%)
102	MATUSIAK Mateusz	1252		M30	49	01:28:56	02:56:04	04:09:59.35	04:10:10.05	+01:53:06 (45.2%)	7:21	8.2 (55.0%)
103	GÓRNY Robert	1311	THESKYISTHELIMIT	M30	50	01:27:11	02:58:25	04:09:59.85	04:10:23.05	+01:53:19 (45.3%)	7:21	8.2 (55.0%)
104	KOSTOWSKI Roman	1280		M30	51	01:24:22	02:56:04	04:11:05.15	04:11:26.40	+01:54:23 (45.5%)	7:23	8.1 (54.4%)
105	SNOWACKI Kamil	1448		M30	52	01:15:20	02:52:52	04:11:39.10	04:11:45.45	+01:54:42 (45.6%)	7:24	8.1 (54.4%)
106	RABIEJ Wojciech	1363	DUCLA ACADEMY	M40	30	01:21:39	02:47:10	04:12:02.50	04:12:17.25	+01:55:13 (45.7%)	7:24	8.1 (54.4%)
107	BOŁDYS Paweł	1400		M30	53	01:29:35	02:59:56	04:12:13.55	04:12:25.50	+01:55:22 (45.7%)	7:25	8.1 (54.4%)

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
108	ROZMIAREK Przemysław	1274	SZCZĘŚLIWY AMATOR	M40	31	01:22:38		04:12:05.80	04:12:29.90	+01:55:26 (45.7%)	7:24	8.1 (54.4%)
109	ONISZCZUK Karol	1290		M20	14	01:28:53	02:59:16	04:12:36.65	04:12:54.65	+01:55:51 (45.8%)	7:25	8.1 (54.4%)
110	BIELAWSKI Paweł	1368		M30	54	01:24:16	02:59:33	04:14:20.45	04:14:25.15	+01:57:21 (46.1%)	7:28	8 (53.7%)
111	PIETRZAK Marek	1238		M40	32	01:30:19	03:01:49	04:14:54.35	04:15:11.85	+01:58:08 (46.3%)	7:29	8 (53.7%)
112	BOROWIAK Łukasz	1284	#BIEGAJLESZNO	M40	33	01:21:01	02:56:15	04:16:34.35	04:16:38.10	+01:59:34 (46.6%)	7:32	8 (53.7%)
113	NALEPA Szymon	1360		M30	55	01:30:46	03:05:20	04:16:35.60	04:16:48.50	+01:59:45 (46.6%)	7:32	8 (53.7%)
114	KAMINSKI Jerzy	1381		M60	4	01:28:52		04:16:49.70	04:17:11.95	+02:00:08 (46.7%)	7:33	7.9 (53.0%)
115	FRAŃSKI Łukasz	1219	NKB CHYŻY	M40	34	01:31:06	03:02:13	04:18:13.10	04:18:28.40	+02:01:25 (47.0%)	7:35	7.9 (53.0%)
116	PAWLAK Robert	1388		M30	56	01:28:53	03:05:29	04:18:40.20	04:18:49.50	+02:01:46 (47.0%)	7:36	7.9 (53.0%)
117	NIEWIADOMSKI Marek	1406	CROSS KRAPKOWICE	M30	57	01:28:32	03:02:53	04:19:37.80	04:19:58.85	+02:02:55 (47.3%)	7:38	7.9 (53.0%)
118	SZUMIŃSKI Artur	1446		M40	35	01:26:12	03:04:37	04:20:13.60	04:20:19.85	+02:03:16 (47.4%)	7:39	7.8 (52.3%)
119	OZIMINA Hubert	1250	OBORYGENI	M40	36	01:31:24	03:09:02	04:21:18.45	04:21:28.80	+02:04:25 (47.6%)	7:41	7.8 (52.3%)
120	CZELUŚNIAK Filip	1218		M30	58	01:37:22	03:14:34	04:21:19.10	04:21:38.00	+02:04:34 (47.6%)	7:41	7.8 (52.3%)
121	STĘPIEŃ Kamil	1459		M30	59	01:26:27	02:59:34	04:21:33.85	04:21:51.45	+02:04:48 (47.7%)	7:41	7.8 (52.3%)
122	MATYŚKIEWICZ Mateusz	1355	MASTER SERVICE	M30	60	01:30:58	03:06:00	04:21:51.25	04:22:06.55	+02:05:03 (47.7%)	7:42	7.8 (52.3%)
123	OLEJNIK Egidiusz	1473		M30	61	01:36:29	03:09:28	04:22:15.10	04:22:35.60	+02:05:32 (47.8%)	7:42	7.8 (52.3%)
124	SKORA Wojciech	1471		M40	37	01:35:52	03:09:49	04:22:31.25	04:22:45.60	+02:05:42 (47.8%)	7:43	7.8 (52.3%)
125	PEREIRA Ruben	1408	ARMADA LUSITANA	M30	62	01:25:43	02:58:47	04:23:45.95	04:23:53.75	+02:06:50 (48.1%)	7:45	7.7 (51.7%)
126	PISCO Tiago	1404	ARMADA LUSITANA	M30	63	01:25:42	02:58:49	04:23:46.80	04:23:54.10	+02:06:50 (48.1%)	7:45	7.7 (51.7%)
127	GRABOWSKI Mariusz	1319		M30	64	01:31:16	03:05:01	04:23:53.60	04:24:19.60	+02:07:16 (48.1%)	7:45	7.7 (51.7%)
128	PORĘBSKI Tomasz	1217	#STANDARDASAPTEAM	M30	65	01:35:30	03:11:12	04:23:58.10	04:24:21.60	+02:07:18 (48.2%)	7:45	7.7 (51.7%)
129	KOTOWSKI Andrzej	1256		M50	9	01:35:14	03:07:21	04:24:26.00	04:24:42.85	+02:07:39 (48.2%)	7:46	7.7 (51.7%)
130	RABIEJ Kazimierz	1223	ROZBIEGANI CHOJNÓW	M60	5	01:30:47		04:24:36.20	04:24:49.30	+02:07:45 (48.2%)	7:46	7.7 (51.7%)

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
131	KUBICKI Piotr	1392	DZIKI ZGON KOŚCIAN	M30	66	01:32:56	03:08:23	04:24:46.30	04:25:08.65	+02:08:05 (48.3%)	7:47	7.7 (51.7%)
132	GNIADY Krzysztof	1383	FOXYFIT ICT POLAND	M40	38	01:32:24	03:13:51	04:26:52.10	04:27:05.65	+02:10:02 (48.7%)	7:50	7.6 (51.0%)
133	CICHOCKI Jerzy	1325		M40	39	01:36:33	03:10:27	04:27:50.90	04:28:10.20	+02:11:06 (48.9%)	7:52	7.6 (51.0%)
134	KONDRAKIEWICZ Rafał	1479		M40	40	01:34:29	03:14:18	04:29:46.75	04:30:02.00	+02:12:58 (49.2%)	7:56	7.6 (51.0%)
135	BEŻYK Bartosz	1268	GOPR SUDETY	M20	15	01:44:44	03:23:08	04:30:30.95	04:30:50.15	+02:13:46 (49.4%)	7:57	7.5 (50.3%)
136	MAJDER Paweł	1387		M40	41	01:32:09	03:11:16	04:31:43.00	04:31:51.00	+02:14:47 (49.6%)	7:59	7.5 (50.3%)
137	ROSIECKI Grzegorz	1232		M30	67	01:27:59	03:09:04	04:32:16.65	04:32:39.60	+02:15:36 (49.7%)	8:00	7.5 (50.3%)
138	GRACZYK Mariusz	1425	ZGZB	M40	42	01:45:07	03:22:19	04:33:36.40	04:33:49.95	+02:16:46 (49.9%)	8:02	7.5 (50.3%)
139	FANAJŁO Wojciech	1424	ZGZB	M30	68	01:40:28	03:22:21	04:33:48.50	04:34:02.05	+02:16:58 (50.0%)	8:03	7.5 (50.3%)
140	MAŚLANKA Łukasz	1222	ALOHA TRIATHLON TEAM	M30	69	01:32:21	03:11:08	04:34:24.45	04:34:44.30	+02:17:40 (50.1%)	8:04	7.4 (49.7%)
141	KANIECKI Paweł	1399		M40	43	01:36:03	03:17:36	04:36:44.95	04:36:52.25	+02:19:48 (50.5%)	8:08	7.4 (49.7%)
142	SZAMBELAŃCZYK Maciej	1441		M40	44	01:26:18	03:19:29	04:36:54.90	04:36:58.80	+02:19:55 (50.5%)	8:08	7.4 (49.7%)
143	PIETRZAKOWSKI Robert	1342		M40	45	01:27:34	03:08:39	04:36:47.40	04:37:11.60	+02:20:08 (50.6%)	8:08	7.4 (49.7%)
144	LESZCZYŃSKI Paweł	1224		M60	6	01:27:49	03:10:54	04:37:41.50	04:37:47.10	+02:20:43 (50.7%)	8:10	7.3 (49.0%)
145	ZIMNY Ireneusz	1340	EKO-OKNA RUNNERS	M40	46	01:38:48	03:24:05	04:38:38.70	04:38:43.55	+02:21:40 (50.8%)	8:11	7.3 (49.0%)
146	TWARDY Dariusz	1419	LESZNO	M50	10	01:40:03	03:18:28	04:38:37.50	04:38:55.90	+02:21:52 (50.9%)	8:11	7.3 (49.0%)
147	KOSTRZEWSKI Maciej	1204		M30	70	01:36:43	03:20:25	04:39:09.70	04:39:28.90	+02:22:25 (51.0%)	8:12	7.3 (49.0%)
148	DZIADEK Bartosz	1225		M40	47	01:34:38	03:15:05	04:39:57.30	04:40:15.50	+02:23:12 (51.1%)	8:14	7.3 (49.0%)
149	KRÓLICKI Zbigniew	1364		M40	48	01:40:49	03:23:40	04:40:15.50	04:40:32.65	+02:23:29 (51.1%)	8:14	7.3 (49.0%)
150	NOWAK Kornel	1417	LESZNO	M50	11	01:39:58	03:18:27	04:42:24.45	04:42:42.45	+02:25:39 (51.5%)	8:18	7.2 (48.3%)
151	PLUCIŃSKI Wojciech	1202		M30	71	01:32:25	03:16:06	04:43:28.65	04:43:49.85	+02:26:46 (51.7%)	8:20	7.2 (48.3%)
152	GAŚIOREK Daniel	1430		M40	49	01:27:22	03:19:11	04:46:48.80	04:47:01.50	+02:29:58 (52.2%)	8:26	7.1 (47.7%)
153	KROWICKI Tomasz	1403	ZEFKA RUNNERS	M30	72	01:41:23	03:28:16	04:47:04.30	04:47:12.00	+02:30:08 (52.3%)	8:26	7.1 (47.7%)

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
154	KALINOWSKI Daniel	1337		M40	50	01:41:44	03:27:31	04:47:02.95	04:47:24.40	+02:30:21 (52.3%)	8:26	7.1 (47.7%)
155	CHMIELEWSKI Mariusz	1361	STAJNIAK TEAM	M30	73	01:37:09	03:23:22	04:49:29.25	04:49:45.85	+02:32:42 (52.7%)	8:30	7 (47.0%)
156	SOCHA Damian	1215		M40	51	01:33:33	03:19:56	04:49:38.50	04:49:49.65	+02:32:46 (52.7%)	8:31	7 (47.0%)
157	ŁOPOKA Przemek	1472		M20	16	01:38:15	03:17:24	04:50:15.35	04:50:31.80	+02:33:28 (52.8%)	8:32	7 (47.0%)
158	GRYGIEL Leszek	1339	ATLAS RUNNING TEAM	M50	12	01:31:34	03:21:26	04:50:49.00	04:51:04.90	+02:34:01 (52.9%)	8:33	7 (47.0%)
159	ŁASEK Jarosław	1277		M50	13	01:38:05	03:21:42	04:51:56.10	04:52:07.70	+02:35:04 (53.1%)	8:35	7 (47.0%)
160	PASZKOWSKI Karol	1263		M30	74	01:38:04		04:52:38.70	04:52:58.55	+02:35:55 (53.2%)	8:36	7 (47.0%)
161	ANDRUSZKÓW Piotr	1259		M40	52	01:36:33	03:27:40	04:57:49.30	04:58:06.35	+02:41:02 (54.0%)	8:45	6.8 (45.6%)
162	PŁOCIŃSKI Norbert	1336	BIAŁA	M20	17	01:43:31	03:33:13	04:59:57.95	05:00:07.45	+02:43:04 (54.3%)	8:49	6.8 (45.6%)
163	PALTIAN Piotr	1298	SĄ WOLNIEJSI / VEGE RUNNERS	M50	14	01:34:09	03:21:12	05:01:09.15	05:01:25.35	+02:44:21 (54.5%)	8:51	6.8 (45.6%)
164	WIECZOREK Sławomir	1235		M40	53	01:41:01	03:34:00	05:03:31.50	05:03:52.00	+02:46:48 (54.9%)	8:55	6.7 (45.0%)
165	JUSKOWIAK Mikołaj	1240		M30	75	01:43:38	03:31:05	05:05:52.95	05:05:59.45	+02:48:56 (55.2%)	8:59	6.7 (45.0%)
166	SAMOLEWSKI Andrzej	1454	LESZNO	M50	15	01:36:59	03:19:59	05:06:09.55	05:06:26.80	+02:49:23 (55.3%)	9:00	6.7 (45.0%)
167	HERCKA Robert	1237		M40	54	01:45:11	03:39:30	05:06:32.65	05:06:49.55	+02:49:46 (55.3%)	9:00	6.7 (45.0%)
168	PURA Paweł	1243		M40	55	01:46:17	03:36:35	05:07:30.50	05:07:55.85	+02:50:52 (55.5%)	9:02	6.6 (44.3%)
169	URANTÓWKA Bartosz	1376		M20	18	01:42:26	03:39:58	05:10:15.20	05:10:25.85	+02:53:22 (55.8%)	9:07	6.6 (44.3%)
170	JÓŻWIK Artur	1234	BIEGAM, BO BIEGAM ☑	M40	56	01:46:23	03:40:27	05:10:13.05	05:10:37.30	+02:53:33 (55.9%)	9:07	6.6 (44.3%)
171	DELEKTA Konrad	1478		M20	19	01:35:07	03:33:06	05:11:29.00	05:11:50.95	+02:54:47 (56.1%)	9:09	6.5 (43.6%)
171	SŁABICKI Konrad	1401		M20	19	01:35:02	03:33:09	05:11:29.70	05:11:50.95	+02:54:47 (56.1%)	9:09	6.5 (43.6%)
173	HARAJ Robert	1242		M20	21	01:46:40	03:40:03	05:14:11.55	05:14:23.25	+02:57:19 (56.4%)	9:14	6.5 (43.6%)
174	TEREBELSKI Sebastian	1265		M40	57	01:47:47	03:39:17	05:14:13.50	05:14:23.40	+02:57:20 (56.4%)	9:14	6.5 (43.6%)
175	CIRKO Grzegorz	1244	JELEŃIA PLAST SPORT TEAM	M40	58	01:33:25	03:20:32	05:14:48.70	05:14:56.90	+02:57:53 (56.5%)	9:15	6.5 (43.6%)
176	KOBIAK Krzysztof	1352		M40	59	01:39:00	03:33:25	05:15:32.60	05:15:40.80	+02:58:37 (56.6%)	9:16	6.5 (43.6%)

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
177	PACYNA Marek	1254		M50	16	01:38:56	03:37:39	05:18:06.85	05:18:29.25	+03:01:25 (57.0%)	9:21	6.4 (43.0%)
178	KAŁUSKI Jan	1220	AKTYWNI RAZEM	M30	76	01:41:01	03:37:57	05:21:47.05	05:21:59.25	+03:04:55 (57.4%)	9:27	6.3 (42.3%)
179	KACZMAREK Michał	1413	BEERHIKER	M40	60	01:44:53	03:43:10	05:23:30.80	05:23:55.40	+03:06:52 (57.7%)	9:30	6.3 (42.3%)
180	RUŚNIAK Konstanty	193	BERSERKERS TEAM WIELKOPOLSKA	M20	22			05:45:35.70	05:45:42.65	+03:28:39 (60.4%)	10:09	5.9 (39.6%)

Znaleziono 180 wynik(ów)