

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

UltraKotlina  
Fundacja Przejście Kotliny  
2022-10-08  
Szkłarska Poręba  
80 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarńo 14km	Łysa Góra 21km	Góra Szybowcowa 27km	Goduszyn 40km	Polana Czarownic 51km	Górzyniec 54km	Kopalnia 65km	Czas netto 79km	Czas brutto 79km	Różn	Tempo min/km	Tempo km/h
1	<b>MASIAREK Maciej</b>	<b>689</b>		M20	1	01:14:20	01:49:57	02:04:42	03:24:47	04:28:30	04:42:15	05:57:35	<b>07:15:32.45</b>	<b>07:15:35.45</b>		5:30	10.9 (100%)
2	<b>MAŁEK Tomasz</b>	<b>649</b>		M30	1	01:17:54	01:54:42	02:21:52	03:37:42	04:49:47	05:07:03	06:36:11	<b>08:12:40.70</b>	<b>08:12:44.00</b>	+00:57:08 (11.6%)	6:14	9.6 (88.1%)
3	<b>CHWEDCZUK Robert</b>	<b>715</b>	ŻÓRAWSKI TEAM	M30	2	01:18:32	01:58:10	02:28:12	03:51:58	05:09:15	05:26:19	06:58:20	<b>08:29:23.00</b>	<b>08:29:26.05</b>	+01:13:50 (14.5%)	6:26	9.3 (85.3%)
4	<b>KACZMARCZYK Łukasz</b>	<b>655</b>	ELITE RUNNERS	M30	3	01:22:54	02:03:54	02:33:02	03:53:47	05:11:32	05:29:13	06:58:29	<b>08:29:32.60</b>	<b>08:29:36.85</b>	+01:14:01 (14.5%)	6:26	9.3 (85.3%)
5	<b>BERNAT Katarzyna</b>	<b>704</b>		K50	1	01:27:49	02:10:59	02:41:34	04:04:02	05:21:48	05:36:34	07:09:24	<b>08:35:09.70</b>	<b>08:35:13.60</b>	+01:19:38 (15.5%)	6:31	9.2 (84.4%)
6	<b>KURNYTA Michał</b>	<b>627</b>		M30	4	01:33:01	02:17:14	02:48:19	04:13:56	05:39:31	05:50:09	07:19:48	<b>08:44:04.70</b>	<b>08:44:07.55</b>	+01:28:32 (16.9%)	6:38	9 (82.6%)
7	<b>BANAŚ Radosław</b>	<b>668</b>	IZERY BOGATYNIA	M40	1	01:30:56	02:14:35	02:45:21	04:12:39	05:28:17	05:43:42	07:16:06	<b>08:45:14.80</b>	<b>08:45:25.30</b>	+01:29:49 (17.1%)	6:38	9 (82.6%)
8	<b>PALIWODA Sławek</b>	<b>679</b>	ITPROJEKT BYDGOSZCZ TEAM	M30	5	01:24:07	02:05:38	02:35:46	04:02:12	05:23:32	05:40:09	07:14:33	<b>08:47:56.00</b>	<b>08:48:00.35</b>	+01:32:24 (17.5%)	6:40	9 (82.6%)
9	<b>KSIĄŻEK Sebastian</b>	<b>648</b>	RUNNER SAM PO LESIE	M40	2	01:25:50	02:08:20	02:38:36	04:03:34	05:25:32	05:43:24	07:20:03	<b>08:50:14.75</b>	<b>08:50:20.45</b>	+01:34:45 (17.9%)	6:42	8.9 (81.7%)
10	<b>BŁĄDEK Sławomir</b>	<b>673</b>		M30	6	01:26:30	02:10:01	02:41:15	04:08:38	05:30:56	05:47:20	07:25:41	<b>08:58:41.60</b>	<b>08:58:45.50</b>	+01:43:10 (19.1%)	6:49	8.8 (80.7%)
11	<b>WOŁCZYK Maciej</b>	<b>676</b>		M30	7	01:20:55	02:04:00	02:35:02	04:13:15	05:44:34	05:58:56	07:32:36	<b>09:05:48.65</b>	<b>09:05:50.90</b>	+01:50:15 (20.2%)	6:54	8.7 (79.8%)
12	<b>ZAJĄC Leszek</b>	<b>601</b>	LESZ NO LIMITS RUNNERS	M40	3	01:31:33	02:17:42	02:49:58	04:19:35	05:46:05	06:01:36	07:39:33	<b>09:14:11.35</b>	<b>09:14:14.20</b>	+01:58:38 (21.4%)	7:00	8.6 (78.9%)
13	<b>PIWOWARCZYK Wojciech</b>	<b>724</b>	WLKP MOUNTAINS ULTRA TEAM	M30	8	01:26:28	02:09:50	02:40:24	04:07:34	05:39:35	05:52:38	07:34:20	<b>09:18:54.35</b>	<b>09:18:57.00</b>	+02:03:21 (22.1%)	7:04	8.5 (78.0%)
14	<b>MIECHUR Bogumił</b>	<b>705</b>		M40	4	01:33:09	02:19:37	02:50:20	04:20:46	05:49:37	06:08:01	07:51:47	<b>09:27:51.25</b>	<b>09:27:56.60</b>	+02:12:21 (23.3%)	7:11	8.3 (76.1%)
15	<b>HOŁOWNIA Tomasz</b>	<b>701</b>	GRUPA BIEGOWA BEZ GRANIC	M40	5	01:30:53	02:14:29	02:45:15	04:12:35	05:45:53	06:04:10	07:52:14	<b>09:28:10.05</b>	<b>09:28:20.75</b>	+02:12:45 (23.4%)	7:11	8.3 (76.1%)
16	<b>KOPCZYŃSKI Paweł</b>	<b>719</b>		M40	6	01:38:49	02:29:18	03:02:19	04:37:12	06:08:19	06:22:25	08:00:31	<b>09:35:07.50</b>	<b>09:35:26.85</b>	+02:19:51 (24.3%)	7:16	8.2 (75.2%)
17	<b>GRZYBOWSKA Karolina</b>	<b>618</b>	GRANDAUTO	K40	1	01:36:28	02:25:20	02:59:40	04:36:12	06:07:23	06:19:28	07:58:05	<b>09:45:20.95</b>	<b>09:45:29.00</b>	+02:29:53 (25.6%)	7:24	8.1 (74.3%)
18	<b>TYLIŃSKI Arkadiusz</b>	<b>706</b>	LESZ NO LIMITS RUNNERS	M50	1	01:33:25	02:19:41	02:53:38	04:32:26	06:08:31	06:23:09	08:10:03	<b>09:52:04.30</b>	<b>09:52:07.45</b>	+02:36:32 (26.4%)	7:29	8 (73.4%)
19	<b>HETMAN Łukasz</b>	<b>654</b>		M40	7	01:30:59	02:16:28	02:48:41	04:21:58	05:56:10	06:16:14	08:08:48	<b>09:52:17.10</b>	<b>09:52:26.85</b>	+02:36:51 (26.5%)	7:29	8 (73.4%)
20	<b>MIERZWA Sławomir</b>	<b>729</b>		M40	8	01:36:01	02:20:25	02:53:33	04:29:50	06:07:58	06:30:52	08:17:08	<b>09:55:20.90</b>	<b>09:55:36.10</b>	+02:40:00 (26.9%)	7:32	8 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łysa Góra				Polana			Czas netto 79km	Czas brutto 79km	Różn	Tempo min/km	Tempo km/h
						Komarno 14km	Góra 21km	Szybowcowa 27km	Goduszyn 40km	Czarownic 51km	Górzyniec 54km	Kopalnia 65km					
21	<b>TYLKOWSKI Filip</b>	<b>644</b>		M20	2	01:31:16	02:16:16	02:49:22	04:22:53	06:07:23	06:18:33	08:06:12	<b>09:59:14.20</b>	<b>09:59:19.30</b>	+02:43:43 (27.3%)	7:35	7.9 (72.5%)
22	<b>GRUPA Jarek</b>	<b>670</b>	SKL	M40	9	01:28:31	02:14:22	02:49:20	04:27:35	05:54:12	06:12:06	07:53:14	<b>10:01:19.35</b>	<b>10:01:24.00</b>	+02:45:48 (27.6%)	7:36	7.9 (72.5%)
23	<b>GEZELA Robert</b>	<b>669</b>	EUFORIA BIEGACZA TEAM	M40	10	01:41:49	02:30:59	03:04:33	04:42:57	06:14:22	06:32:22	08:21:06	<b>10:01:31.45</b>	<b>10:01:36.00</b>	+02:46:00 (27.6%)	7:36	7.9 (72.5%)
24	<b>KŁOPOTEK Marcin</b>	<b>659</b>	EXTREME FAMILY	M40	11	01:36:21	02:26:05	02:59:35	04:36:08	06:17:28	06:35:32	08:21:43	<b>10:02:33.15</b>	<b>10:02:42.00</b>	+02:47:06 (27.7%)	7:37	7.9 (72.5%)
25	<b>CZERNIAK Wioleta</b>	<b>727</b>		K30	1	01:38:16	02:29:02	03:04:55	04:46:40	06:19:10	06:39:25	08:21:36	<b>10:03:27.15</b>	<b>10:03:31.00</b>	+02:47:55 (27.8%)	7:38	7.9 (72.5%)
26	<b>GAŁUSZKA Rafał</b>	<b>739</b>		M40	12	01:33:11	02:19:47	02:54:04	04:30:02	06:07:52	06:21:13	08:18:14	<b>10:12:14.95</b>	<b>10:12:21.15</b>	+02:56:45 (28.9%)	7:44	7.7 (70.6%)
27	<b>TENDAJ Marek</b>	<b>700</b>		M40	13	01:27:07	02:12:27	02:46:06	04:21:51	06:07:05	06:21:37	08:17:20	<b>10:15:20.05</b>	<b>10:15:26.85</b>	+02:59:51 (29.2%)	7:47	7.7 (70.6%)
28	<b>TIETZ Przemysław</b>	<b>665</b>		M40	14	01:31:16	02:17:03	02:50:34	04:40:21	06:17:30	06:37:15	08:31:20	<b>10:19:19.20</b>	<b>10:19:23.00</b>	+03:03:47 (29.7%)	7:50	7.7 (70.6%)
29	<b>PĘCHRA Mateusz</b>	<b>722</b>	ULTRATURY	M30	9	01:42:03	02:33:58	03:08:17	04:49:57	06:25:14	06:45:31	08:33:33	<b>10:19:31.55</b>	<b>10:19:41.65</b>	+03:04:06 (29.7%)	7:50	7.7 (70.6%)
30	<b>ORDYNIĘC Sławomir</b>	<b>695</b>	MAD RUNNERS	M20	3	01:31:25	02:18:31	02:51:52	04:19:41	05:49:20	06:19:16	08:09:22	<b>10:20:18.10</b>	<b>10:20:19.85</b>	+03:04:44 (29.8%)	7:51	7.6 (69.7%)
31	<b>URBAN Iwona</b>	<b>716</b>	42K PRO TEAM	K40	2	01:44:00	02:35:33	03:10:31	04:52:26	06:26:20	06:45:32	08:35:20	<b>10:22:44.20</b>	<b>10:22:48.45</b>	+03:07:13 (30.1%)	7:52	7.6 (69.7%)
32	<b>SZYMAŃSKA Agata</b>	<b>693</b>		K30	2	01:36:16	02:25:18	03:22:11	04:40:19	06:14:36	06:36:47	08:28:08	<b>10:23:10.15</b>	<b>10:23:15.95</b>	+03:07:40 (30.1%)	7:53	7.6 (69.7%)
33	<b>WALCZAK Witold</b>	<b>625</b>		M30	10	01:40:42	02:31:41	03:05:03	04:45:53	06:22:43	06:42:32	08:33:23	<b>10:29:16.80</b>	<b>10:29:23.30</b>	+03:13:47 (30.8%)	7:57	7.5 (68.8%)
34	<b>PATROŃSKA Magdalena</b>	<b>651</b>	ŻARŁOKI	K20	1	01:40:05	02:29:57	03:05:57	04:51:03	06:28:06	06:47:19	08:44:34	<b>10:30:16.30</b>	<b>10:30:23.45</b>	+03:14:48 (30.9%)	7:58	7.5 (68.8%)
35	<b>MAŁKIEWICZ Zbigniew</b>	<b>623</b>	STG BYDGOSZCZ	M30	11	01:27:28	02:13:47	02:46:17	04:18:20	06:08:48	06:37:50	08:36:15	<b>10:31:30.95</b>	<b>10:31:40.20</b>	+03:16:04 (31.0%)	7:59	7.5 (68.8%)
36	<b>NAGLAK Łukasz</b>	<b>711</b>	KOŹMIN BIEGA ULTRA RUNNERS - ULTRA FARMER	M40	15	01:42:22	02:35:47	03:11:40	04:56:08	06:40:37	07:00:50	08:55:56	<b>10:32:11.60</b>	<b>10:32:19.55</b>	+03:16:44 (31.1%)	8:00	7.5 (68.8%)
37	<b>REKIEĆ-KROGULECKA Kaja</b>	<b>728</b>		K20	2	01:41:18	02:35:49	03:12:20	04:56:46	06:40:38	07:00:57	08:55:52	<b>10:32:15.90</b>	<b>10:32:19.65</b>	+03:16:44 (31.1%)	8:00	7.5 (68.8%)
38	<b>PIASKOWSKI Marcin</b>	<b>631</b>		M40	16	01:32:43	02:21:40	02:58:27	04:45:12	06:28:14	06:47:27	08:43:57	<b>10:33:12.60</b>	<b>10:33:16.10</b>	+03:17:40 (31.2%)	8:00	7.5 (68.8%)
39	<b>SOCHA Tomasz</b>	<b>619</b>		M30	12	01:32:19	02:21:31	02:57:11	04:31:44	06:08:08	06:23:35	08:22:34	<b>10:34:22.75</b>	<b>10:34:33.25</b>	+03:18:57 (31.4%)	8:01	7.5 (68.8%)
40	<b>BERNAT Arkadiusz</b>	<b>703</b>	BIEGOWA ŚWIDNICA	M50	2	01:42:19	02:33:30	03:09:59	04:55:55	06:37:49	06:56:33	08:48:18	<b>10:36:39.00</b>	<b>10:36:46.55</b>	+03:21:11 (31.6%)	8:03	7.4 (67.9%)
41	<b>BULIKOWSKI Tomasz</b>	<b>666</b>		M40	17	01:30:38	02:18:34	02:53:31	04:43:45	06:25:18	06:45:10	08:41:43	<b>10:37:42.60</b>	<b>10:37:46.35</b>	+03:22:10 (31.7%)	8:04	7.4 (67.9%)
42	<b>CZYRNIA Andrzej</b>	<b>723</b>	ULTRA TURY	M30	13	01:42:09	02:34:03	03:08:16	04:50:06	06:25:19	06:46:25	08:36:35	<b>10:40:18.75</b>	<b>10:40:28.45</b>	+03:24:53 (32.0%)	8:06	7.4 (67.9%)
43	<b>DUCHOŃ Marcin</b>	<b>609</b>		M40	18	01:46:22	02:44:25	03:20:42	05:04:22	06:37:12	06:57:44	08:48:16	<b>10:44:01.15</b>	<b>10:44:07.35</b>	+03:28:31 (32.4%)	8:09	7.4 (67.9%)
44	<b>GARSTKA Zbigniew</b>	<b>710</b>		M40	19	01:39:36	02:32:58	03:10:53	05:01:53	06:43:41	07:08:49	08:57:15	<b>10:47:11.75</b>	<b>10:47:17.65</b>	+03:31:42 (32.7%)	8:11	7.3 (67.0%)
45	<b>ŁABĘCKA Agata</b>	<b>658</b>	KLUB BIEGACZA RTV EURO AGD	K40	3	01:37:56	02:31:45	03:07:25	04:46:19	06:31:02	06:51:45	08:46:47	<b>10:47:15.85</b>	<b>10:47:27.05</b>	+03:31:51 (32.7%)	8:11	7.3 (67.0%)
46	<b>SZACHEWICZ Sławomir</b>	<b>696</b>		M40	20	01:41:29	02:32:54	03:08:26	04:56:14	06:32:52	06:59:21	08:54:00	<b>10:47:44.60</b>	<b>10:47:47.95</b>	+03:32:12 (32.8%)	8:11	7.3 (67.0%)
47	<b>KISILEWICZ Marek</b>	<b>687</b>	NOA	M40	21	01:34:06	02:20:42	02:54:42	04:34:40	06:19:18	06:38:11	08:47:00	<b>10:50:08.60</b>	<b>10:50:11.75</b>	+03:34:36 (33.0%)	8:13	7.3 (67.0%)
48	<b>CORDO Eduard Dotsenko</b>	<b>605</b>	STG BYDGOSZCZ	M30	14	01:36:38	02:26:35	03:02:09	04:42:36	06:14:57	06:35:20	08:41:28	<b>10:51:11.80</b>	<b>10:51:24.25</b>	+03:35:48 (33.1%)	8:14	7.3 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łysa		Góra		Polana		Kopalnia	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Komarno 14km	Góra 21km	Szybowcowa 27km	Goduszyn 40km	Czarowniec 51km	Górzyniec 54km						
49	<b>KOZAKIEWICZ Tomek</b>	<b>652</b>	CAŁE ŻYCIE NA REDUKCJI	M30	15	01:43:04	02:34:45	03:10:19	04:57:28	06:42:48	07:02:57	09:00:33	<b>10:59:19.90</b>	<b>10:59:24.95</b>	+03:43:49 (33.9%)	8:20	7.2 (66.1%)
50	<b>SZELIGA Jacek</b>	<b>634</b>		M40	22	01:45:35	02:38:52	03:15:29	05:00:28	06:45:31	07:09:57	09:05:28	<b>11:00:30.15</b>	<b>11:00:37.40</b>	+03:45:01 (34.1%)	8:21	7.2 (66.1%)
51	<b>SKORUPIŃSKA Katarzyna</b>	<b>626</b>	SKORUPKI TEAM	K40	4	01:44:08	02:39:41	03:19:29	05:06:47	06:48:45	07:11:57	09:06:17	<b>11:07:10.45</b>	<b>11:07:14.40</b>	+03:51:38 (34.7%)	8:26	7.1 (65.1%)
52	<b>CYRANOWICZ Szymon</b>	<b>656</b>	BIEGAJĄCE KREJZOLE	M20	4	01:38:03	02:32:59	03:09:59	05:01:43	06:49:40	07:12:34	09:06:01	<b>11:07:45.40</b>	<b>11:07:55.65</b>	+03:52:20 (34.8%)	8:27	7.1 (65.1%)
53	<b>SIKORSKI Dariusz</b>	<b>694</b>	INSERT TEAM	M40	23	01:36:09	02:27:16	03:01:43	04:44:01	06:20:11	06:42:31	08:44:38	<b>11:08:59.00</b>	<b>11:09:13.45</b>	+03:53:38 (34.9%)	8:28	7.1 (65.1%)
54	<b>CAPUTA Wojciech</b>	<b>750</b>		M40	24	01:33:01	02:20:38	02:55:50	04:42:50	06:40:51	07:01:36	09:13:12	<b>11:09:13.85</b>	<b>11:09:18.65</b>	+03:53:43 (34.9%)	8:28	7.1 (65.1%)
55	<b>ROŹNIATA Iwona</b>	<b>714</b>		K40	5	01:46:15	02:42:17	03:22:02	05:12:24	06:53:14	07:14:37	09:09:54	<b>11:09:15.20</b>	<b>11:09:23.55</b>	+03:53:48 (34.9%)	8:28	7.1 (65.1%)
56	<b>BURZYŃSKA Ewelina</b>	<b>639</b>	NATURA BIERDUSKO	K40	6	01:45:25	02:42:30	02:59:42	05:15:01	06:53:10	07:16:11	09:09:48	<b>11:11:06.70</b>	<b>11:11:11.60</b>	+03:55:36 (35.1%)	8:29	7.1 (65.1%)
57	<b>LISOWSKI Grzegorz</b>	<b>688</b>		M40	25	01:37:10	02:30:10	03:08:03	05:02:46	06:45:21	07:09:48	09:10:38	<b>11:11:10.70</b>	<b>11:11:13.05</b>	+03:55:37 (35.1%)	8:29	7.1 (65.1%)
58	<b>ANTOSIAK Tomasz</b>	<b>685</b>	FUNTRI	M40	26	01:44:24	02:36:53	03:13:58	05:04:05	06:52:45	07:14:02	09:12:43	<b>11:14:37.80</b>	<b>11:14:46.45</b>	+03:59:11 (35.4%)	8:32	7 (64.2%)
59	<b>ŁUGOWSKI Marek</b>	<b>733</b>	UTM170	M40	27	01:47:13	02:42:16	03:21:14	05:12:46	06:58:44	07:20:48	09:18:36	<b>11:20:03.65</b>	<b>11:20:15.20</b>	+04:04:39 (36.0%)	8:36	7 (64.2%)
60	<b>WIERUSZEWSKI Mateusz</b>	<b>680</b>	NO EXCUSES TEAM	M40	28	01:45:20	02:42:47	03:21:07	05:14:09	06:57:52	07:20:42	09:17:51	<b>11:22:56.80</b>	<b>11:23:12.80</b>	+04:07:37 (36.2%)	8:38	6.9 (63.3%)
61	<b>GAWLAS Przemysław</b>	<b>734</b>		M50	3	01:46:34	02:42:25	03:21:04	05:19:37	07:08:34	07:29:56	09:30:31	<b>11:27:42.70</b>	<b>11:27:49.30</b>	+04:12:13 (36.7%)	8:42	6.9 (63.3%)
62	<b>MADEJ Anna</b>	<b>681</b>	VEGE RUNNERS	K40	7	01:45:36	02:41:29	03:20:31	05:07:54	06:53:30	07:15:32	09:18:30	<b>11:30:36.80</b>	<b>11:30:47.10</b>	+04:15:11 (36.9%)	8:44	6.9 (63.3%)
63	<b>OSICA Łukasz</b>	<b>690</b>		M30	16	01:50:17	02:41:31	03:20:34	05:07:59	06:53:36	07:15:37	09:18:42	<b>11:30:37.70</b>	<b>11:30:48.20</b>	+04:15:12 (36.9%)	8:44	6.9 (63.3%)
64	<b>MENDYK Maciej</b>	<b>640</b>		M40	29	01:47:04	02:45:04	03:24:45	05:21:18	07:09:44	07:31:53	09:36:43	<b>11:32:42.10</b>	<b>11:32:52.00</b>	+04:17:16 (37.1%)	8:46	6.8 (62.4%)
65	<b>ŚWIEŻAWSKA-AMBROZIAK Katarzyna</b>	<b>718</b>	ULTRA KUTNO	K40	8	01:46:12	02:40:28	03:20:49	05:14:47	07:00:40	07:24:15	09:24:20	<b>11:34:00.70</b>	<b>11:34:06.75</b>	+04:18:31 (37.2%)	8:47	6.8 (62.4%)
66	<b>MAREK Jacek</b>	<b>686</b>		M40	30	01:48:11	02:48:00	03:28:04	05:21:33	07:04:31	07:30:29	09:36:49	<b>11:35:49.20</b>	<b>11:36:00.40</b>	+04:20:24 (37.4%)	8:48	6.8 (62.4%)
67	<b>JAKŚ Mariusz</b>	<b>615</b>	ALPIMADE TEAM	M40	31	01:43:47	02:37:51	03:14:47	05:04:03	06:52:59	07:15:33	09:21:35	<b>11:39:36.60</b>	<b>11:39:47.80</b>	+04:24:12 (37.8%)	8:51	6.8 (62.4%)
68	<b>ŚWIERK Piotr</b>	<b>698</b>	RADLINIOKI W BIEGU	M30	17	01:37:50	02:35:29	03:12:15	05:05:35	06:59:45	07:22:35	09:25:30	<b>11:40:28.00</b>	<b>11:40:35.00</b>	+04:24:59 (37.8%)	8:52	6.8 (62.4%)
69	<b>KOPACZ Mirosław</b>	<b>717</b>		M60	1	01:46:45	02:44:15	03:23:18	05:18:57	07:06:53	07:31:18	09:31:49	<b>11:40:31.20</b>	<b>11:40:46.00</b>	+04:25:10 (37.8%)	8:52	6.8 (62.4%)
70	<b>NALEWAJKO Jacek</b>	<b>608</b>	#BIEGAJLESZNO	M40	32	01:49:51	02:48:34	03:28:22	05:22:45	07:08:37	07:31:48	09:36:40	<b>11:43:12.00</b>	<b>11:43:22.00</b>	+04:27:46 (38.1%)	8:54	6.7 (61.5%)
71	<b>BURA Krystian</b>	<b>667</b>	#BIEGAJLESZNO	M30	18	01:39:53	02:35:40	03:18:26	05:17:08	07:15:44	07:35:35	09:42:36	<b>11:44:07.90</b>	<b>11:44:17.25</b>	+04:28:41 (38.2%)	8:54	6.7 (61.5%)
72	<b>KUCHMECKI Maciej</b>	<b>712</b>		M30	19	01:55:04	02:54:08	03:32:36	05:33:30	07:30:19	07:52:32	09:47:32	<b>11:44:57.35</b>	<b>11:45:09.75</b>	+04:29:34 (38.2%)	8:55	6.7 (61.5%)
73	<b>GRAB Jerzy</b>	<b>628</b>		M20	5	01:47:06	02:41:44	03:18:19	05:06:53	06:56:04	07:23:12	09:20:19	<b>11:49:04.20</b>	<b>11:49:18.65</b>	+04:33:43 (38.6%)	8:58	6.7 (61.5%)
74	<b>BIAŁECKI Zbyszek</b>	<b>614</b>	ŁÓDŹ RUNNING TEAM	M50	4	01:46:46	02:45:26	03:27:43	05:28:32	07:18:17	07:41:47	09:57:08	<b>11:53:46.20</b>	<b>11:53:51.55</b>	+04:38:16 (39.0%)	9:02	6.6 (60.6%)
75	<b>CIEŚLA Patryk</b>	<b>675</b>	ŚWIDNICKA GRUPA BIEGOWA	M30	20	01:49:27	02:45:53	03:25:38	05:28:23	07:18:09	07:41:49	09:53:37	<b>11:57:20.05</b>	<b>11:57:28.40</b>	+04:41:52 (39.3%)	9:04	6.6 (60.6%)
76	<b>JEŻEWSKI Arkadiusz</b>	<b>674</b>	ŚWIDNICKA GRUPA BIEGOWA	M40	33	01:49:35	02:45:41	03:25:35	05:27:57	07:18:06	07:42:01	09:53:22	<b>11:57:31.70</b>	<b>11:57:40.65</b>	+04:42:05 (39.3%)	9:04	6.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łysa Góra				Polana			Czas		Różn	Tempo min/km	Tempo km/h
						Komarno 14km	Góra 21km	Szybowcowa 27km	Goduszyn 40km	Czarownic 51km	Górzyniec 54km	Kopalnia 65km	netto 79km	brutto 79km			
77	<b>OLIŃSKI Paweł</b>	<b>647</b>		M30	21	01:43:04	02:39:15	03:18:32	05:14:54	07:07:59	07:33:34	09:48:10	<b>11:59:53.30</b>	<b>12:00:00.55</b>	+04:44:25 (39.5%)	9:06	6.6 (60.6%)
78	<b>HACUŚ Jacek</b>	<b>610</b>		M30	22	01:48:12	02:46:25	03:27:45	05:30:25	07:25:52	07:47:38	09:55:07	<b>11:59:55.65</b>	<b>12:00:01.35</b>	+04:44:25 (39.5%)	9:06	6.6 (60.6%)
79	<b>GRZESZCZUK Wojciech</b>	<b>678</b>		M60	2	01:54:57	02:54:00	03:32:09	05:27:31	07:14:45	07:42:57	09:44:36	<b>12:11:15.35</b>	<b>12:11:28.45</b>	+04:55:53 (40.5%)	9:15	6.5 (59.6%)
80	<b>WOJCIESZYŃSKI Tomasz</b>	<b>732</b>	BBL GORZÓW	M40	34	01:39:45	02:37:02	03:15:41	05:09:39	07:07:45	07:35:34	09:48:04	<b>12:21:55.10</b>	<b>12:21:59.65</b>	+05:06:24 (41.3%)	9:23	6.4 (58.7%)
81	<b>KALISZEWICZ Piotr</b>	<b>642</b>	MALINY KALINY CHWARSZCZANY	M40	35	01:50:07	02:35:54	03:31:36	05:39:53	07:31:48	07:54:17	10:02:51	<b>12:22:02.40</b>	<b>12:22:13.80</b>	+05:06:38 (41.3%)	9:23	6.4 (58.7%)
82	<b>PÓŁGĘSEK Bartosz</b>	<b>604</b>	HARPAGAN RUNNERS	M30	23	01:44:40	02:36:30	03:15:57	05:11:45	07:06:22	07:29:31	09:43:08	<b>12:26:37.15</b>	<b>12:26:49.90</b>	+05:11:14 (41.7%)	9:27	6.3 (57.8%)
83	<b>KLEJSZTA Grzegorz</b>	<b>684</b>	#CZELADZBIEGA	M40	36	01:59:34	03:02:47	03:45:11	05:46:17	07:32:40	07:54:36	10:08:38	<b>12:26:37.60</b>	<b>12:26:49.95</b>	+05:11:14 (41.7%)	9:27	6.3 (57.8%)
84	<b>KUROWSKI Aleksander</b>	<b>613</b>		M40	37	01:49:39	02:48:35	03:29:13	05:27:44	07:20:39	07:42:49	10:02:21	<b>12:27:43.00</b>	<b>12:27:49.80</b>	+05:12:14 (41.8%)	9:27	6.3 (57.8%)
85	<b>WOJTAL Marcin</b>	<b>708</b>	#BIEGAJLESZNO	M40	38	01:44:37	02:42:10	03:24:51	05:27:28	07:24:41	07:51:33	10:07:45	<b>12:29:36.00</b>	<b>12:29:45.25</b>	+05:14:09 (41.9%)	9:29	6.3 (57.8%)
86	<b>HANSZ Donat</b>	<b>664</b>	NETBOX BIEGA	M20	6	01:42:00	02:37:05	03:17:53	05:26:24	07:24:43	07:53:18	10:04:19	<b>12:33:59.25</b>	<b>12:34:08.90</b>	+05:18:33 (42.2%)	9:32	6.3 (57.8%)
87	<b>NIEDŹWIECKI Paweł</b>	<b>629</b>	PODIUM	M40	39	01:47:56	02:39:27	03:25:21	05:25:34	07:18:15	07:44:33	10:06:22	<b>12:34:10.00</b>	<b>12:34:23.25</b>	+05:18:47 (42.3%)	9:32	6.3 (57.8%)
88	<b>WRÓBEL Kamil</b>	<b>663</b>		M20	7	01:38:08	02:27:19	03:03:22	05:14:39	07:17:04	07:42:11	09:57:50	<b>12:41:26.90</b>	<b>12:41:39.95</b>	+05:26:04 (42.8%)	9:38	6.2 (56.9%)
89	<b>MAJKA Dariusz</b>	<b>662</b>	BIEGACZE ŚWINOUJŚCIE	M40	40	01:45:26	02:41:22	03:20:18	05:18:50	07:19:22	07:44:30	10:06:56	<b>12:41:34.60</b>	<b>12:41:40.30</b>	+05:26:04 (42.8%)	9:38	6.2 (56.9%)
90	<b>KUPIEC Maciej</b>	<b>691</b>		M40	41	01:50:41	02:55:03	03:40:02	06:01:37	07:58:19	08:22:50	10:23:38	<b>12:44:51.45</b>	<b>12:45:00.30</b>	+05:29:24 (43.1%)	9:40	6.2 (56.9%)
91	<b>ADAMSKI Tomasz</b>	<b>636</b>		M40	42	02:01:49	03:03:11	03:46:21	05:53:40	07:48:11	08:14:29	10:29:29	<b>12:53:43.15</b>	<b>12:53:58.90</b>	+05:38:23 (43.7%)	9:47	6.1 (56.0%)
92	<b>GOSPODAREK Łukasz</b>	<b>611</b>	DRUŻYNA STASIA	M40	43	01:53:09	02:51:44	03:33:30	05:46:16	07:52:42	08:18:01	10:33:15	<b>13:19:06.20</b>	<b>13:19:12.80</b>	+06:03:37 (45.5%)	10:06	5.9 (54.1%)
93	<b>SADEL Krzysztof</b>	<b>682</b>		M50	5	01:58:21	02:58:16	03:44:06	05:54:00	07:58:24	08:25:28	10:35:16	<b>13:19:08.85</b>	<b>13:19:16.30</b>	+06:03:40 (45.5%)	10:06	5.9 (54.1%)
94	<b>MACKIEWICZ Dorota</b>	<b>730</b>		K40	9	01:59:55	03:00:27	03:47:39	05:58:02	07:59:21	08:27:42	10:37:12	<b>13:26:21.60</b>	<b>13:26:31.30</b>	+06:10:55 (46.0%)	10:12	5.9 (54.1%)
95	<b>CYGAN Anna</b>	<b>731</b>	WILD ULTRA WARRORIS	K50	2	01:59:30	03:01:17	03:47:32	05:50:32	07:53:54	08:22:31	10:37:56	<b>13:26:18.35</b>	<b>13:26:32.25</b>	+06:10:56 (46.0%)	10:12	5.9 (54.1%)
96	<b>GNIEWEK Dariusz</b>	<b>677</b>	WEPA PIECHOWICE	M50	6	01:49:26	02:49:31	03:30:58	05:37:18	07:40:27	08:06:48	10:29:16	<b>13:27:12.35</b>	<b>13:27:18.65</b>	+06:11:43 (46.0%)	10:13	5.9 (54.1%)
97	<b>CHEŁEK Tomasz</b>	<b>671</b>	NO EXCUSES TEAM	M40	44	02:01:14	03:04:48	03:48:25	05:49:17	07:40:29	08:09:16	10:29:09	<b>13:27:02.15</b>	<b>13:27:19.20</b>	+06:11:43 (46.0%)	10:12	5.9 (54.1%)
98	<b>MARCINIAK Maciej</b>	<b>726</b>	MM-PROJEKT ŻARY	M40	45	01:47:55	02:54:36	03:44:34	06:02:39	08:04:32	08:32:03	10:55:19	<b>13:33:43.85</b>	<b>13:33:54.40</b>	+06:18:18 (46.5%)	10:18	5.8 (53.2%)
99	<b>TOMCZYK Alina</b>	<b>641</b>		K40	10	01:48:31	02:50:41	03:36:28	05:49:32	07:52:46	08:18:02	10:47:06	<b>13:42:24.00</b>	<b>13:42:32.40</b>	+06:26:56 (47.0%)	10:24	5.8 (53.2%)
100	<b>MARKOWSKI Piotr</b>	<b>645</b>	BLACK HAT ULTRA TEAM	M40	46	01:48:27	02:50:42	03:38:08	05:55:33	07:58:49	08:25:13	10:47:03	<b>13:42:24.80</b>	<b>13:42:32.85</b>	+06:26:57 (47.0%)	10:24	5.8 (53.2%)
101	<b>ZASADA Iwona</b>	<b>607</b>	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K40	11	02:00:00	03:04:42	03:46:38	05:59:41	08:06:25	08:31:54	10:59:07	<b>13:59:13.00</b>	<b>13:59:27.85</b>	+06:43:52 (48.1%)	10:37	5.6 (51.4%)
102	<b>STANISŁAWEK Tomasz</b>	<b>637</b>		M40	47	02:02:34	03:03:12	03:46:42	05:59:07	08:06:36	08:32:03	10:59:16	<b>13:59:11.95</b>	<b>13:59:28.00</b>	+06:43:52 (48.1%)	10:37	5.6 (51.4%)
103	<b>JAKUBIAK Magdalena</b>	<b>606</b>	ZGZB	K40	12	01:59:53	03:04:46	03:46:40	05:59:38	08:06:15	08:31:51	10:59:04	<b>13:59:56.15</b>	<b>14:00:11.00</b>	+06:44:35 (48.2%)	10:37	5.6 (51.4%)
104	<b>WOJCIECHOWSKI Michał</b>	<b>657</b>		M40	48	02:02:21	03:15:03	03:58:41	06:26:04	08:27:43	08:52:42	11:19:15	<b>14:07:31.20</b>	<b>14:07:36.25</b>	+06:52:00 (48.6%)	10:43	5.6 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łysa Góra		Góra Szybowcowa		Polana		Górzyniec		Kopalnia		Czas netto 79km	Czas brutto 79km	Różn	Tempo min/km	Tempo km/h
						Komarno 14km	Góra 21km	Szybowcowa 27km	Goduszyn 40km	Czarownic 51km	Górzyniec 54km	Kopalnia 65km								
105	TUREK Paweł	709	PRIN-S	M50	7	02:04:14	03:10:34	03:56:41	06:21:28	08:28:47	08:52:51	11:28:00	<b>14:24:29.55</b>	<b>14:24:41.70</b>	+07:09:06 (49.6%)	10:56	5.5 (50.5%)			
106	SKWIERCZYŃSKI Sylwester	697		M20	8	01:58:31	03:01:28	03:45:45	06:00:14	08:15:39	08:47:26	11:12:47	<b>14:24:31.90</b>	<b>14:24:42.30</b>	+07:09:06 (49.6%)	10:56	5.5 (50.5%)			
<b>Przekroczony limit czasu: 15:00:00</b>																				
LIM	OSSIG Krzysztof	661	NO EXCUSES TEAM	M40		02:02:57	03:19:34	04:20:16	07:01:27	10:07:40	10:47:16	14:08:14	<b>17:14:33.65</b>	<b>17:14:50.40</b>		0:00	4.6 (42.2%)			
LIM	WROBLEWSKI Tomasz	720		M30		02:00:15	03:12:53	04:01:55	06:29:45	09:03:38	09:41:06						0.0%			
LIM	ROSTOCKA Joanna	616		K40		02:04:34	03:13:04	04:00:46									0.0%			
LIM	TERZONI Christian	624	PRZEDWOJEWSKI TEAM	M40		01:52:36	02:48:57										0.0%			
LIM	PIECHOL Sebastian	635	RAZEM TRENUJEMY SPORT	M30		02:28:47	03:52:46										0.0%			
	KEMPKA Maciej	725	TERAPIA MANUALNA, FIZJOTERAPIA KEMPKA	M30		01:57:26 DNF	02:58:15 DNF	03:38:16 DNF	06:03:17 DNF	08:11:56 DNF	08:56:41 DNF	11:37:18 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)			
	OLSZEWSKI Piotr	683	RUNNING TEAM NASTOPY.PL	M30		01:22:55 DNF	02:02:44 DNF	02:31:43 DNF	03:52:11 DNF	05:13:03 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)			
	PÓŁGRABIA Dawid	692	#ŻEBERKATEAM	M40		01:50:50 DNF	02:55:18 DNF	03:40:31 DNF	06:01:40 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)			
	KUŚWIK Beata	653	CAŁE ŻYCIE NA REDUKCJI	K30		01:50:16 DNF	02:49:20 DNF	03:37:32 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)			
	KALISZEWICZ Ewa	643	MALINY KALINY CHWARSZCZANY	K40		01:50:13 DNF	02:57:26 DNF	03:45:16 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)			
	GWOŹDZIEWICZ Tomasz	721		M40		01:48:52 DNF	03:00:11 DNF	03:48:30 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)			

Znaleziono 117 wynik(ów)