

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

UltraKotlina  
Fundacja Przejście Kotliny  
2023-10-07  
Szklarska Poręba  
80 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarno 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>PAWŁOWSKI Arkadiusz</b>	<b>838</b>	ROCK&RUN.PL	M30	1	01:16:43	01:53:30	02:19:56	03:31:41	04:36:01	04:50:09	06:00:41	<b>07:10:02.30</b>	<b>07:10:02.85</b>		5:26	11 (100%)
2	<b>WOLEK Szymon</b>	<b>705</b>		M40	1	01:13:35	01:49:50	02:15:24	03:25:43	04:30:40	04:45:23	06:02:06	<b>07:13:28.65</b>	<b>07:13:29.15</b>	+00:03:26 (0.8%)	5:29	10.9 (99.1%)
3	<b>BRÝDL Pavel</b>	<b>848</b>	SALOMON CZ	M40	2	01:13:39	01:49:56	02:15:27	03:25:55	04:34:25	04:49:53	06:12:59	<b>07:31:08.25</b>	<b>07:31:08.25</b>	+00:21:05 (4.7%)	5:42	10.5 (95.5%)
4	<b>PILARSKI Tomasz</b>	<b>854</b>	MARCIN ŚWIERC TEAM	M40	3	01:16:12	01:53:37	02:20:02	03:33:08	04:43:00	04:58:06	06:21:53	<b>07:40:37.40</b>	<b>07:40:38.25</b>	+00:30:35 (6.6%)	5:49	10.3 (93.6%)
5	<b>PERYKASZA Paweł</b>	<b>813</b>	GRUPA LUKTRANS / BUDAGO	M40	4	01:20:06	01:58:07	02:26:32	03:40:28	04:52:20	05:09:01	06:32:17	<b>07:49:43.85</b>	<b>07:49:43.85</b>	+00:39:41 (8.4%)	5:56	10.1 (91.8%)
6	<b>STACHOWIAK Adam</b>	<b>847</b>	LESZNO NO LIMITS RUNNERS	M30	2	01:16:00	01:52:42	02:19:36	03:33:24	04:49:20	05:05:16	06:32:07	<b>07:54:05.55</b>	<b>07:54:06.10</b>	+00:44:03 (9.3%)	6:00	10 (90.9%)
7	<b>KOSAL Maciej</b>	<b>850</b>	KTS JELENIA GÓRA	M40	5	01:27:18	02:08:49	02:38:05	03:56:27	05:11:04	05:26:56	06:53:20	<b>08:12:24.40</b>	<b>08:12:28.30</b>	+01:02:25 (12.7%)	6:13	9.6 (87.3%)
8	<b>MAŁEK Tomasz</b>	<b>706</b>		M30	3	01:17:10	01:53:42	02:20:04	03:35:30	04:51:19	05:08:37	06:46:32	<b>08:18:40.25</b>	<b>08:18:42.25</b>	+01:08:39 (13.8%)	6:18	9.5 (86.4%)
9	<b>GIL TAMAYO Sebastian</b>	<b>829</b>	SAFETTI	M30	4	01:24:41	02:03:46	02:30:58	03:51:56	05:15:37	05:33:05	07:01:45	<b>08:28:35.35</b>	<b>08:28:45.90</b>	+01:18:43 (15.5%)	6:26	9.3 (84.5%)
10	<b>FISZER Sebastian</b>	<b>765</b>	LESZ NO LIMITS RUNNERS	M40	6	01:19:37	01:58:55	02:28:58	03:52:54	05:15:42	05:32:33	07:04:20	<b>08:28:44.85</b>	<b>08:28:46.15</b>	+01:18:43 (15.5%)	6:26	9.3 (84.5%)
11	<b>BERNAT Katarzyna</b>	<b>749</b>	BIEGOWA ŚWIDNICA	K50	1	01:25:11	02:06:52	02:37:30	03:59:50	05:19:33	05:38:02	07:06:44	<b>08:32:28.30</b>	<b>08:32:30.05</b>	+01:22:27 (16.1%)	6:29	9.2 (83.6%)
12	<b>MIECHUR Bogumił</b>	<b>700</b>	GÓRAL Z MAZUR RUNNING TEAM	M40	7	01:27:21	02:08:41	02:38:09	04:04:29	05:38:25	05:55:53	07:32:38	<b>09:04:15.00</b>	<b>09:04:18.75</b>	+01:54:15 (21.0%)	6:53	8.7 (79.1%)
13	<b>MIERZWA Sławomir</b>	<b>731</b>		M40	8	01:28:07	02:07:28	02:38:18	04:00:51	05:29:03	05:47:38	07:28:39	<b>09:07:23.05</b>	<b>09:07:24.75</b>	+01:57:21 (21.4%)	6:55	8.7 (79.1%)
14	<b>SIKORSKI Marcin</b>	<b>805</b>	TT SZCZECIN	M40	9	01:33:41	02:21:25	02:56:48	04:34:05	05:58:04	06:14:51	07:47:55	<b>09:12:44.35</b>	<b>09:12:44.35</b>	+02:02:41 (22.2%)	6:59	8.6 (78.2%)
15	<b>URACZ Beata</b>	<b>764</b>	BARTOSZ GORCZYCA TEAM	K40	1	01:26:57	02:10:27	02:42:18	04:13:23	05:38:20	05:56:00	07:36:28	<b>09:14:13.90</b>	<b>09:14:13.90</b>	+02:04:11 (22.4%)	7:00	8.6 (78.2%)
16	<b>KULLING Hubert</b>	<b>819</b>		M40	10	01:26:40	02:09:03	02:41:25	04:13:15	05:41:46	06:00:58	07:48:22	<b>09:20:07.10</b>	<b>09:20:09.25</b>	+02:10:06 (23.2%)	7:05	8.5 (77.3%)
17	<b>BIENIECKA Anna</b>	<b>851</b>		K40	2	01:32:29	02:17:32	02:49:50	04:21:29	05:46:05	06:04:44	07:47:11	<b>09:24:39.10</b>	<b>09:24:39.10</b>	+02:14:36 (23.8%)	7:08	8.4 (76.4%)
18	<b>KŁOPOTEK Marcin</b>	<b>846</b>	EXTREME FAMILY	M40	11	01:33:35	02:20:54	02:53:58	04:30:27	05:57:46	06:14:39	07:53:22	<b>09:29:15.30</b>	<b>09:29:17.70</b>	+02:19:14 (24.5%)	7:12	8.3 (75.5%)
19	<b>GAŁUSZKA Rafał</b>	<b>790</b>		M50	1	01:29:26	02:13:44	02:46:44	04:18:26	05:51:29	06:10:29	07:53:55	<b>09:31:14.15</b>	<b>09:31:20.25</b>	+02:21:17 (24.7%)	7:13	8.3 (75.5%)
20	<b>POCIECHA Patryk</b>	<b>714</b>	FUNTRI	M30	5	01:32:15	02:18:23	02:50:12	04:21:39	05:58:05	06:14:42	07:59:55	<b>09:41:05.60</b>	<b>09:41:08.40</b>	+02:31:05 (26.0%)	7:21	8.2 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarno 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
21	NIELACNY Jakub	831		M20	1	01:28:16	02:12:29	02:45:00	04:19:23	05:47:53	06:08:02	07:50:40	09:41:50.00	09:41:53.65	+02:31:50 (26.1%)	7:21	8.1 (73.6%)
22	PTASZYNSKI Maurycy	759		M40	12	01:30:17	02:15:35	02:46:36	04:16:48	05:43:17	06:05:01	08:01:46	09:47:52.45	09:47:57.95	+02:37:55 (26.9%)	7:26	8.1 (73.6%)
23	KWIATKOWSKI Paweł	837	BAKO TEAM	M30	6	01:30:36	02:16:46	02:50:17	04:28:50	06:01:45	06:22:10	08:11:23	09:52:37.65	09:52:40.15	+02:42:37 (27.4%)	7:30	8 (72.7%)
24	MUS Paweł	725	MASA TEAM	M30	7	01:37:58	02:24:35	03:00:04	04:38:29	06:12:30	06:31:11	08:16:36	10:09:45.45	10:09:47.45	+02:59:44 (29.5%)	7:43	7.8 (70.9%)
25	KUPIŃSKI Cezary	815	MOCNA GRUPA CEZARA	M50	2	01:32:59	02:21:09	02:54:52	04:35:54	06:02:27	06:22:17	08:11:12	10:10:47.20	10:10:50.55	+03:00:47 (29.6%)	7:43	7.8 (70.9%)
26	KRZYWDZIŃSKI Bartłomiej	842		M40	13	01:32:17	02:19:04	02:53:21	04:39:23	06:16:39	06:36:16	08:26:06	10:13:06.85	10:13:14.40	+03:03:11 (29.9%)	7:45	7.7 (70.0%)
27	SKORUPIŃSKI Piotr	852	SKORUPKI TEAM	M40	14	01:40:12	02:30:45	03:07:16	04:49:18	06:29:01	06:46:58	08:33:42	10:13:14.70	10:13:14.70	+03:03:11 (29.9%)	7:45	7.7 (70.0%)
28	GONTKO Łukasz	795		M40	15	01:44:47	02:34:43	03:11:07	05:00:39	06:30:01	06:49:18	08:29:39	10:15:34.50	10:15:51.30	+03:05:48 (30.2%)	7:47	7.7 (70.0%)
29	MALINOWSKI Jerzy	844	ZIĘBICE ULTRA TEAM	M50	3	01:34:42	02:24:49	02:58:54	04:37:30	06:12:44	06:31:09	08:24:36	10:16:02.70	10:16:02.70	+03:05:59 (30.2%)	7:47	7.7 (70.0%)
30	KURASIEWICZ Mariusz	718		M40	16	01:37:00	02:33:08		04:51:43	06:28:43	06:46:15	08:33:33	10:23:12.30	10:23:26.40	+03:13:23 (31.0%)	7:53	7.6 (69.1%)
31	RUMIŃSKI Tomasz	828		M20	2	01:43:58		03:07:15	04:48:54	06:21:23	06:41:26	08:29:25	10:25:29.55	10:25:37.05	+03:15:34 (31.3%)	7:55	7.6 (69.1%)
32	PACZKOWSKA Katarzyna	781	WLKP MOUNTAINS ULTRA	K40	3	01:38:07	02:24:26	02:59:20	04:42:42	06:18:32	06:39:24	08:37:03	10:27:38.70	10:27:41.00	+03:17:38 (31.5%)	7:56	7.6 (69.1%)
33	KOZAKIEWICZ Tomek	782	CAŁE ŻYCIE NA REDUKCJI	M30	8	01:31:16	02:20:45	02:58:19	04:50:00	06:29:05	06:49:55	08:41:26	10:27:49.95	10:27:51.15	+03:17:48 (31.5%)	7:56	7.5 (68.2%)
34	MAZUR Anna	742	ULTRANQA	K40	4	01:41:16	02:32:08	03:06:56	04:49:24	06:29:02	06:47:27	08:41:03	10:28:01.10	10:28:04.45	+03:18:01 (31.5%)	7:56	7.5 (68.2%)
35	MAŁKIEWICZ Zbigniew	732	STG BYDGOSZCZ	M30	9	01:27:59	02:13:21	02:46:51	04:25:44	06:02:36	06:23:46	08:26:05	10:28:14.45	10:28:20.10	+03:18:17 (31.6%)	7:57	7.5 (68.2%)
36	BETLEJ Mikołaj	761	CICHOCIEMNI	M40	17	01:40:44	02:32:27	03:09:46	04:57:22	06:37:39	06:57:42	08:53:19	10:37:23.70	10:37:25.25	+03:27:22 (32.5%)	8:04	7.4 (67.3%)
37	KRAJEWSKI Marcin	760	DARKRIDERS	M30	10	01:40:34	02:31:57	03:07:31	04:56:29	06:37:36	06:57:38	08:53:15	10:41:31.35	10:41:32.90	+03:31:30 (33.0%)	8:07	7.4 (67.3%)
38	GŁOWIŃSKI Robert	763		M40	18	01:35:59	02:24:19	02:58:41	04:41:39	06:15:54	06:38:00	08:34:47	10:41:45.70	10:41:50.85	+03:31:48 (33.0%)	8:07	7.4 (67.3%)
39	LISOWSKI Grzegorz	779		M40	19	01:33:44	02:22:44	02:58:01	04:43:15	06:28:53	06:45:26	08:45:48	10:42:37.15	10:42:37.15	+03:32:34 (33.1%)	8:08	7.4 (67.3%)
40	URACZ Łukasz	801	BARTOSZ GORCZYCA TEAM	M40	20	01:38:40	02:31:32	03:08:05	04:54:03	06:35:52	06:56:19	08:52:01	10:44:55.15	10:45:01.45	+03:34:58 (33.3%)	8:09	7.3 (66.4%)
41	TENDAJ Marek	830		M40	21	01:30:03	02:16:18	02:49:26	04:38:24	06:31:07	06:53:38	08:57:50	10:48:44.20	10:48:48.35	+03:38:45 (33.7%)	8:12	7.3 (66.4%)
42	GRABOWSKI Mariusz	792	KLUB MIŁOŚNIKÓW ZUZI	M30	11	01:38:41	02:31:15	03:06:21	04:53:01	06:29:50	06:52:19	08:48:39	10:50:36.00	10:50:48.70	+03:40:45 (33.9%)	8:14	7.3 (66.4%)
43	ŚLIWA Wojciech	806	KS IRONMAN SZCZECIN	M40	22	01:33:47	02:21:19	02:56:43	04:41:52	06:20:46	06:48:31	08:46:34	10:55:42.35	10:55:42.35	+03:45:39 (34.4%)	8:18	7.2 (65.5%)
44	PIASECKI Rafał	825	ULTRAFII	M40	23	01:39:18	02:30:00	03:06:03	04:50:50	06:34:34	06:55:37	09:00:18	10:57:36.45	10:57:44.45	+03:47:41 (34.6%)	8:19	7.2 (65.5%)
45	MOSZKOWSKI Bogdan	741		M60+	1	01:37:44	02:32:06	03:08:50	04:59:49	06:41:42	07:02:33	09:00:56	10:57:43.50	10:57:54.85	+03:47:52 (34.6%)	8:19	7.2 (65.5%)
46	ADAMSKI Tomasz	702	GITT DRUŻYNA	M40	24	01:39:45	02:31:07	03:06:25	04:48:15	06:36:10	06:57:01	08:58:01	11:01:21.05	11:01:35.00	+03:51:32 (35.0%)	8:22	7.2 (65.5%)
47	SOBCZAK Grzegorz	794		M50	4	01:39:40	02:28:37	03:05:09	04:51:18	06:31:14	06:54:31	08:59:00	11:04:15.35	11:04:20.50	+03:54:17 (35.3%)	8:24	7.1 (64.5%)
48	SZYMCZAK Piotr	798	MORFINA BOYZ	M30	12	01:44:04	02:36:40	03:14:12	05:05:41	06:54:12	07:16:54	09:11:20	11:07:09.70	11:07:16.65	+03:57:13 (35.6%)	8:26	7.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarno 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
49	<b>MILEWICZ Tobiasz</b>	<b>797</b>		M30	13	01:43:54	02:36:43	03:14:06	05:05:37	06:54:09	07:17:00	09:11:23	<b>11:07:09.05</b>	<b>11:07:16.95</b>	+03:57:14 (35.6%)	8:26	7.1 (64.5%)
50	<b>NOWAK Marcin</b>	<b>728</b>		M40	25	01:46:34	02:36:18	03:12:16	04:59:04	06:42:55	07:05:40	09:05:20	<b>11:10:22.95</b>	<b>11:10:38.60</b>	+04:00:35 (35.9%)	8:29	7.1 (64.5%)
51	<b>PSENICKA Viktor</b>	<b>800</b>	TF RUN PRAGUE - KLÁNOVICE	M30	14	01:40:42	02:31:12	03:06:55	05:05:19	06:54:33	07:16:24	09:07:53	<b>11:10:49.00</b>	<b>11:10:49.00</b>	+04:00:46 (35.9%)	8:29	7.1 (64.5%)
52	<b>WOJCIECHOWSKA Dorota</b>	<b>840</b>	CAŁA OLEŚNICA BIEGA	K40	5	01:43:06	02:35:43	03:14:19	05:08:00	06:52:52	07:14:41	09:15:14	<b>11:11:38.20</b>	<b>11:11:47.05</b>	+04:01:44 (36.0%)	8:30	7.1 (64.5%)
53	<b>CZERWIŃSKI Wojciech</b>	<b>822</b>		M30	15	01:38:19	02:33:05	03:10:33	05:06:16	06:50:35	07:14:07	09:23:15	<b>11:12:59.05</b>	<b>11:12:59.05</b>	+04:02:56 (36.1%)	8:31	7 (63.6%)
54	<b>KOCIK Magdalena</b>	<b>789</b>		K30	1	01:49:02	02:45:41	03:22:35	03:50:41	07:04:13	07:23:54	09:23:46	<b>11:13:30.80</b>	<b>11:13:46.35</b>	+04:03:43 (36.2%)	8:31	7 (63.6%)
55	<b>WILCZYŃSKI Marcin</b>	<b>834</b>		M40	26	01:43:36	02:38:12	03:17:37	05:14:36	06:58:39	07:21:43	09:23:18	<b>11:13:53.20</b>	<b>11:13:53.20</b>	+04:03:50 (36.2%)	8:31	7 (63.6%)
56	<b>KUDELSKI Ireneusz</b>	<b>780</b>	43 WOJSKOWY ODDZIAŁ GOSPODARCZY	M50	5	01:40:57	02:30:56	03:08:17	05:03:25	06:56:46	07:17:21	09:11:13	<b>11:16:57.55</b>	<b>11:17:00.25</b>	+04:06:57 (36.5%)	8:34	7 (63.6%)
57	<b>TOMASZEWSKI Michał</b>	<b>855</b>	BIEG OPOLSKI	M40	27	01:45:13	02:34:54	03:11:16	05:00:32	06:43:16	07:04:56	09:02:31	<b>11:17:10.00</b>	<b>11:17:20.15</b>	+04:07:17 (36.5%)	8:34	7 (63.6%)
58	<b>OCIEPA Sabina</b>	<b>745</b>		K40	6		02:30:21	03:07:08	04:56:27	06:39:02	07:02:28	09:02:48	<b>11:18:00.60</b>	<b>11:18:12.45</b>	+04:08:09 (36.6%)	8:34	7 (63.6%)
59	<b>MROWCA Paweł</b>	<b>752</b>	KOLKA TEAM LUBAŃ	M30	16	01:34:48	02:24:31	03:05:59	05:08:49	06:59:36	07:19:47	09:24:42	<b>11:18:43.95</b>	<b>11:18:52.65</b>	+04:08:49 (36.7%)	8:35	7 (63.6%)
60	<b>URANT Szymon</b>	<b>817</b>		M20	3	01:30:58	02:18:09	02:56:34	04:47:44	06:28:59	06:48:35	09:02:30	<b>11:19:01.95</b>	<b>11:19:06.45</b>	+04:09:03 (36.7%)	8:35	7 (63.6%)
61	<b>MENDYK Maciej</b>	<b>775</b>	TEAM AGRESTOWNIK	M40	28	01:44:34	02:40:10	03:18:56	05:14:42	06:57:26	07:28:16	09:24:20	<b>11:19:55.50</b>	<b>11:20:06.35</b>	+04:10:03 (36.8%)	8:36	7 (63.6%)
62	<b>DYRAGA Marcin</b>	<b>768</b>	SAINT-GOBAIN SQUAD	M40	29	01:38:30	02:32:02	03:10:24	05:03:18	06:46:49	07:09:20	09:14:11	<b>11:23:30.15</b>	<b>11:23:34.60</b>	+04:13:31 (37.1%)	8:39	6.9 (62.7%)
63	<b>PĘCZAR Aneta</b>	<b>746</b>	MAD RUNNERS	K20	1	01:34:48	02:25:41	03:01:50	04:46:28	06:40:32	07:05:40	09:10:10	<b>11:23:39.10</b>	<b>11:23:42.20</b>	+04:13:39 (37.1%)	8:39	6.9 (62.7%)
64	<b>KOZAKIEWICZ Beata</b>	<b>747</b>	CAŁE ŻYCIE NA REDUKCJI	K30	2	01:42:54	02:38:31	03:16:43	05:11:10	06:54:56	07:18:04	09:20:26	<b>11:30:29.70</b>	<b>11:30:30.80</b>	+04:20:27 (37.7%)	8:44	6.9 (62.7%)
65	<b>KALISZEWICZ Ewa</b>	<b>743</b>		K40	7	01:49:00	02:48:56	03:28:21	05:27:12	07:09:31	07:30:12	09:28:58	<b>11:32:56.20</b>	<b>11:33:09.05</b>	+04:23:06 (38.0%)	8:46	6.8 (61.8%)
66	<b>KMIECIK Krzysztof</b>	<b>707</b>		M20	4	01:38:35	02:31:45	03:08:37	05:01:55	06:55:14	07:16:18	09:20:22	<b>11:34:13.00</b>	<b>11:34:16.25</b>	+04:24:13 (38.1%)	8:47	6.8 (61.8%)
67	<b>CYRAN Tadeusz</b>	<b>814</b>		M40	30	01:49:33	02:46:27	03:26:35	05:24:41	07:11:45	07:33:40	09:43:29	<b>11:40:37.85</b>	<b>11:40:46.35</b>	+04:30:43 (38.6%)	8:52	6.8 (61.8%)
68	<b>DEMELE Lukas</b>	<b>832</b>		M20	5	01:36:24	02:31:10	03:07:06	05:05:20	06:59:56	07:21:42	09:35:06	<b>11:42:05.85</b>	<b>11:42:12.45</b>	+04:32:09 (38.8%)	8:53	6.8 (61.8%)
69	<b>SUDUŁ Jarosław</b>	<b>812</b>	WIERZBICKI RUNNING PROJECT	M50	6	01:39:51	02:30:23	03:07:23	05:01:58	06:42:47	07:07:49	09:18:14	<b>11:42:38.80</b>	<b>11:42:42.65</b>	+04:32:39 (38.8%)	8:53	6.7 (60.9%)
70	<b>GAWROŃSKI Ireneusz</b>	<b>735</b>	AMATOR	M60+	2	01:45:08	02:41:19	03:22:12	05:16:34	07:02:08	07:27:52	09:33:57	<b>11:49:56.20</b>	<b>11:50:03.10</b>	+04:40:00 (39.4%)	8:59	6.7 (60.9%)
71	<b>PIETRZAK Sławomir</b>	<b>744</b>		M40	31	01:45:31	02:41:37	03:24:02	05:23:25	07:08:49	07:31:40	09:48:27	<b>11:51:13.70</b>	<b>11:51:23.45</b>	+04:41:20 (39.5%)	9:00	6.7 (60.9%)
72	<b>PIOTROWIAK Tomasz</b>	<b>783</b>	ELEKTROWNIE SŁONECZNE ENTOPI SP. Z O.O.	M30	17	01:52:06	02:49:35	03:26:42	05:28:06	07:11:44	07:35:36	09:37:38	<b>11:52:01.30</b>	<b>11:52:06.45</b>	+04:42:03 (39.6%)	9:00	6.7 (60.9%)
73	<b>SIKORSKI Dariusz</b>	<b>820</b>	INSERT TEAM	M40	32	01:36:24	02:33:38	03:08:23	04:58:41	06:43:05	07:06:03	09:10:08	<b>11:52:18.50</b>	<b>11:52:32.70</b>	+04:42:29 (39.6%)	9:00	6.7 (60.9%)
74	<b>ZASADA Iwona</b>	<b>709</b>	GITT DRUŻYNA	K40	8	01:51:16	02:50:19	03:31:20	05:31:29	07:27:05	07:48:43	09:56:45	<b>11:53:12.55</b>	<b>11:53:22.90</b>	+04:43:20 (39.7%)	9:01	6.6 (60.0%)
75	<b>MALICKA Małgorzata</b>	<b>715</b>	GITT DRUŻYNA	K50	2	01:51:11	02:50:15	03:31:23	05:31:31	07:27:07	07:48:39	09:56:46	<b>11:53:12.15</b>	<b>11:53:23.20</b>	+04:43:20 (39.7%)	9:01	6.6 (60.0%)
76	<b>CHMIELEWSKI Adrian</b>	<b>839</b>		M30	18	01:44:26	02:38:03	03:14:51	05:08:22	06:58:21	07:22:54	09:22:59	<b>11:54:19.85</b>	<b>11:54:32.40</b>	+04:44:29 (39.8%)	9:02	6.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarno 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
77	<b>OCHNIK Barbara</b>	<b>777</b>		K40	9	01:48:20	02:44:24	03:26:17	05:18:28	07:08:06	07:30:44	09:48:22	<b>11:56:51.80</b>	<b>11:57:00.85</b>	+04:46:58 (40.0%)	9:04	6.6 (60.0%)
78	<b>WOŹNIAK Paweł</b>	<b>785</b>	LESZ NO LIMITS RUNNERS	M40	33	01:44:54		03:18:28	05:18:06	07:12:33	07:36:32	09:54:56	<b>11:56:48.25</b>	<b>11:57:04.65</b>	+04:47:01 (40.0%)	9:04	6.6 (60.0%)
79	<b>PARA Jakub</b>	<b>804</b>	LESZNO LIMITS RUNNERS	M40	34	01:48:32	02:43:20	03:22:50	05:18:02	07:12:29	07:36:42	09:55:08	<b>11:56:49.60</b>	<b>11:57:04.75</b>	+04:47:01 (40.0%)	9:04	6.6 (60.0%)
80	<b>ODIJA Leszek</b>	<b>835</b>		M40	35	01:52:16	02:51:52	03:33:23	05:34:41	07:21:13	07:43:28	09:44:43	<b>11:57:44.75</b>	<b>11:57:58.25</b>	+04:47:55 (40.1%)	9:05	6.6 (60.0%)
81	<b>JAKŚ Grzegorz</b>	<b>748</b>	ALPIMADE TEAM	M40	36	01:29:14	02:17:41	02:56:31	04:45:50	06:43:41	07:14:00	09:34:34	<b>11:59:35.55</b>	<b>11:59:37.75</b>	+04:49:34 (40.2%)	9:06	6.6 (60.0%)
82	<b>OCHNIK Przemysław</b>	<b>778</b>		M40	37	01:41:32	02:36:27	03:14:28	05:15:22	07:08:03	07:31:03	09:54:31	<b>12:00:11.75</b>	<b>12:00:21.15</b>	+04:50:18 (40.3%)	9:06	6.6 (60.0%)
83	<b>SZPYT Andrzej</b>	<b>799</b>		M50	7	01:42:44	02:38:37	03:20:01	05:18:58	07:08:14	07:33:50	09:47:07	<b>12:00:17.45</b>	<b>12:00:22.80</b>	+04:50:19 (40.3%)	9:07	6.6 (60.0%)
84	<b>JANDY Honorata</b>	<b>710</b>	PINK POWER	K40	10	01:40:59	02:47:45	03:08:09	05:24:50	07:15:11	07:36:55	09:53:13	<b>12:02:01.50</b>	<b>12:02:08.25</b>	+04:52:05 (40.4%)	9:08	6.6 (60.0%)
85	<b>SZABATOWSKI Bartłomiej</b>	<b>774</b>	BIEGAJĄCY ŚWIDNIK	M30	19	01:53:33	02:53:09	03:36:12	05:38:51	07:23:37	07:49:12	10:01:01	<b>12:12:55.20</b>	<b>12:12:56.75</b>	+05:02:53 (41.3%)	9:16	6.5 (59.1%)
86	<b>WALENDZIK Wiesia</b>	<b>773</b>		K40	11	01:47:48	02:43:39	03:23:12	05:21:02	07:05:16	07:30:48	09:55:59	<b>12:22:49.60</b>	<b>12:22:57.15</b>	+05:12:54 (42.1%)	9:24	6.4 (58.2%)
87	<b>PAWLETA Michał</b>	<b>776</b>	OBROŃCA POCZTY GDAŃSKIEJ	M40	38	01:46:57	02:44:14	03:24:20	05:24:42	07:21:33	07:47:03	09:56:03	<b>12:22:58.35</b>	<b>12:22:58.35</b>	+05:12:55 (42.1%)	9:24	6.4 (58.2%)
88	<b>BIAŁECKI Zbigniew</b>	<b>751</b>	ŁKS	M50	8	01:47:33	02:49:20	03:32:01	05:35:02	07:30:07	07:54:05	10:04:58	<b>12:23:13.85</b>	<b>12:23:13.85</b>	+05:13:11 (42.1%)	9:24	6.4 (58.2%)
89	<b>FISCHKANDL David</b>	<b>727</b>		M30	20	01:43:39	02:39:45	03:19:13	05:19:55	07:11:38	07:35:23	09:52:24	<b>12:25:39.75</b>	<b>12:25:45.00</b>	+05:15:42 (42.3%)	9:26	6.4 (58.2%)
90	<b>SZAFRAŃSKI Rafał</b>	<b>717</b>		M30	21	01:46:54	02:40:15	03:17:48	05:09:42	07:04:36	07:32:47	10:00:49	<b>12:25:40.80</b>	<b>12:25:49.05</b>	+05:15:46 (42.3%)	9:26	6.4 (58.2%)
91	<b>GAWLAS Przemysław</b>	<b>836</b>		M50	9	01:49:31	02:48:58	03:31:02	05:37:34	07:34:47	07:58:38	10:08:35	<b>12:27:16.95</b>	<b>12:27:21.15</b>	+05:17:18 (42.5%)	9:27	6.3 (57.3%)
92	<b>WOJCIESZYŃSKI Tomasz</b>	<b>713</b>	BBL GORZÓW	M40	39	01:41:23	02:33:17	03:10:25	05:07:47	07:07:09	07:31:32	09:59:43	<b>12:27:52.70</b>	<b>12:27:52.70</b>	+05:17:49 (42.5%)	9:28	6.3 (57.3%)
93	<b>SZKODA Mariusz</b>	<b>770</b>	3:33 TEAM	M50	10	01:56:56	02:54:22	03:35:05	05:38:51	07:28:20	07:55:40	10:05:53	<b>12:30:09.70</b>	<b>12:30:19.95</b>	+05:20:17 (42.7%)	9:29	6.3 (57.3%)
94	<b>RYŻEWSKI Krzysztof</b>	<b>845</b>	RAWLPLUG BLUE TEAM	M50	11	01:49:44	02:45:31	03:24:01	05:24:46	07:25:31	07:52:07	10:10:19	<b>12:31:51.45</b>	<b>12:32:06.80</b>	+05:22:03 (42.8%)	9:31	6.3 (57.3%)
95	<b>TYLUS Rafał</b>	<b>723</b>	MORSJANKI&MORSJANIE	M40	40	01:50:06	02:48:42	03:30:58	05:37:43	07:38:02	07:59:55	10:17:35	<b>12:32:55.85</b>	<b>12:33:00.20</b>	+05:22:57 (42.9%)	9:31	6.3 (57.3%)
96	<b>KUPCZYK Michał</b>	<b>721</b>	WALBET TEAM	M30	22	01:44:04	02:40:38	03:19:18	05:54:42	07:57:06	08:20:32	10:25:24	<b>12:47:29.55</b>	<b>12:47:43.30</b>	+05:37:40 (44.0%)	9:42	6.2 (56.4%)
97	<b>BAUGARTNER Marcin</b>	<b>818</b>	KLUBSILESIA.PL	M40	41	01:50:28	02:45:32	03:23:00	05:20:09	07:13:46	07:40:30	10:01:00	<b>12:50:48.95</b>	<b>12:51:05.75</b>	+05:41:02 (44.2%)	9:45	6.1 (55.5%)
98	<b>JAKŚ Mariusz</b>	<b>750</b>	ALPIMADE TEAM	M40	42	01:49:02	02:45:07	03:26:58	05:30:54	07:38:08	08:05:55	10:24:01	<b>12:54:08.45</b>	<b>12:54:11.35</b>	+05:44:08 (44.5%)	9:47	6.1 (55.5%)
99	<b>RUNOWSKI Krzysztof</b>	<b>853</b>	KRISRUN	M30	23	01:43:32	02:36:51	03:14:44	05:03:50	06:51:31	07:17:08	09:44:07	<b>12:58:49.90</b>	<b>12:58:57.55</b>	+05:48:54 (44.8%)	9:51	6.1 (55.5%)
100	<b>CHLUDZIŃSKI Patryk</b>	<b>809</b>	ARVATO S.C. REP	M40	43	01:45:34	02:43:14	03:27:41	05:50:05	08:01:36	08:26:05	10:43:32	<b>13:02:26.95</b>	<b>13:02:30.35</b>	+05:52:27 (45.0%)	9:54	6.1 (55.5%)
101	<b>STANISŁAWEK Tomasz</b>	<b>703</b>	GITT DRUŻYNA	M40	44	01:47:39	02:50:25	03:31:42	05:45:05	07:54:53	08:25:31	10:43:36	<b>13:02:38.35</b>	<b>13:02:49.70</b>	+05:52:46 (45.1%)	9:54	6.1 (55.5%)
102	<b>MACKIEWICZ Dorota</b>	<b>771</b>		K40	12	02:00:47	03:02:18	03:44:35	05:52:13	07:58:00	08:24:23	10:39:31	<b>13:07:02.05</b>	<b>13:07:02.05</b>	+05:56:59 (45.4%)	9:57	6 (54.5%)
103	<b>FOLFASIŃSKA Joanna</b>	<b>716</b>		K30	3	01:57:31	03:00:22	03:44:04	05:59:29	08:03:29	08:29:10	10:45:48	<b>13:12:07.80</b>	<b>13:12:22.45</b>	+06:02:19 (45.7%)	10:01	6 (54.5%)
104	<b>MORAŃSKA Małgorzata</b>	<b>711</b>		K30	4	01:57:56	03:00:33	03:44:16	05:59:41	08:03:41	08:28:24	10:45:58	<b>13:12:22.80</b>	<b>13:12:22.80</b>	+06:02:19 (45.7%)	10:01	6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarno 14km	Łysa	Góra	Goduszyn 40km	Polana	Górzyniec	Kopalnia	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Góra 21km	Szybowcowa 27km		Czarownic 51km	54km	65km	79km	79km			
105	MORAŃSKI Paweł	712		M30	24	01:57:11	03:00:14	03:42:01	05:59:23	08:03:21	08:28:46	10:44:02	<b>13:12:09.10</b>	<b>13:12:24.70</b>	+06:02:21 (45.7%)	10:01	6 (54.5%)
106	MACIEJEC Dorota	755		K40	13	01:57:23	03:00:39	03:43:14	05:49:40	07:51:34	08:17:58	10:34:06	<b>13:15:15.20</b>	<b>13:15:27.15</b>	+06:05:24 (45.9%)	10:03	6 (54.5%)
107	FOGIEL Aleksandra	758		K40	14	01:53:56	02:39:04	03:38:37	05:45:33	07:48:47	08:14:56	10:39:08	<b>13:15:31.35</b>	<b>13:15:39.35</b>	+06:05:36 (46.0%)	10:04	6 (54.5%)
107	SOSZYŃSKA Katarzyna	808		K40	14	01:53:51	02:57:15	03:38:29	05:45:52	07:48:32	08:14:49	10:39:05	<b>13:15:32.15</b>	<b>13:15:39.35</b>	+06:05:36 (46.0%)	10:04	6 (54.5%)
109	JARUS Andrzej	740	POLISH_WINGS	M50	12	01:53:45	02:56:12	03:38:33	05:45:29	07:48:40	08:14:53	10:39:01	<b>13:15:31.40</b>	<b>13:15:39.55</b>	+06:05:36 (46.0%)	10:04	6 (54.5%)
110	WILKOS Marcin	802		M40	45	01:55:13	02:51:56	03:33:27	05:34:37	07:37:08	08:06:22	10:31:06	<b>13:18:43.60</b>	<b>13:18:57.00</b>	+06:08:54 (46.2%)	10:06	5.9 (53.6%)
111	WOJCIECHOWSKI Michał	787		M50	13	02:09:40	03:13:49	03:53:58	06:15:37	08:11:52	08:37:41	11:01:43	<b>13:26:49.00</b>	<b>13:26:49.00</b>	+06:16:46 (46.7%)	10:12	5.9 (53.6%)
112	ZIELIŃSKI Robert	729	KS POSNANIA	M40	46	01:57:27	02:54:13	03:36:58	05:51:47	07:59:17	08:25:41	10:47:04	<b>13:26:37.95</b>	<b>13:26:52.15</b>	+06:16:49 (46.7%)	10:12	5.9 (53.6%)
113	GNIEWEK Dariusz	807		M60+	3	01:49:17	02:47:39	03:29:35	05:39:32	07:43:43	08:15:08	10:38:28	<b>13:27:54.55</b>	<b>13:27:58.70</b>	+06:17:55 (46.8%)	10:13	5.9 (53.6%)
114	BUJAK Łukasz	753	#BIEGAMBOMAMŻONĘ	M30	25	02:00:29	03:04:05	03:43:59		08:09:00	08:36:23	11:04:36	<b>13:39:49.10</b>	<b>13:39:57.95</b>	+06:29:55 (47.6%)	10:22	5.8 (52.7%)
115	SOCIŃSKI Artur	739		M40	47	01:57:00	02:58:32	03:41:56	05:57:34	08:02:08	08:29:27	10:59:41	<b>13:40:15.95</b>	<b>13:40:27.15</b>	+06:30:24 (47.6%)	10:22	5.8 (52.7%)
116	PIWOŃSKA Agnieszka	766		K50	3	02:01:11	03:05:57	03:50:02	06:02:17	08:01:14	08:27:13	10:53:27	<b>13:46:02.50</b>	<b>13:46:08.50</b>	+06:36:05 (47.9%)	10:27	5.7 (51.8%)
117	SZYMANKIEWICZ Edyta	762	CROSS STRACEŃCÓW TEAM/ ŚLĘZAK TEAM	K50	4	02:01:15	03:06:04	03:50:07	06:02:36	08:01:22	08:28:09	10:54:44	<b>13:46:03.40</b>	<b>13:46:09.05</b>	+06:36:06 (47.9%)	10:27	5.7 (51.8%)
118	SKOCZYŁAS Piotr	793		M40	48	01:52:32	02:56:11	03:40:06	05:57:26	08:05:26	08:33:24	10:57:10	<b>13:47:03.70</b>	<b>13:47:16.30</b>	+06:37:13 (48.0%)	10:28	5.7 (51.8%)
119	KACZMAREK Mirosław	824	RUNNER'S POWER ŚREM	M30	26	02:10:36	03:15:16	03:58:55	06:18:07	08:26:10	08:53:21	11:17:17	<b>13:51:24.75</b>	<b>13:51:36.25</b>	+06:41:33 (48.3%)	10:31	5.7 (51.8%)
120	MATUSZEWSKA Małgorzata	767	POWIAT ŚREMSKI - RUNNER'S POWER	K40	16	02:10:32	03:15:20	03:58:48	06:18:01	08:25:57	08:52:51	11:17:09	<b>13:51:25.35</b>	<b>13:51:36.40</b>	+06:41:33 (48.3%)	10:31	5.7 (51.8%)
121	WALCZAK Michał	769		M40	49	02:10:33	03:15:07	03:58:50	06:17:54	08:26:00	08:52:55	11:17:12	<b>13:51:24.95</b>	<b>13:51:37.20</b>	+06:41:34 (48.3%)	10:31	5.7 (51.8%)
122	KULESZA Marcin	701	QLESH RACING TEAM/WKURW_TEAM	M40	50	01:50:34	02:52:37	03:35:20	05:43:59	07:54:14	08:20:59	10:43:43	<b>13:52:36.60</b>	<b>13:52:36.60</b>	+06:42:33 (48.3%)	10:32	5.7 (51.8%)
123	NOWICKI Jarosław	796		M50	14	01:51:00	02:51:24	03:39:27	05:50:40	08:04:54	08:30:16	10:59:48	<b>13:52:59.05</b>	<b>13:53:09.30</b>	+06:43:06 (48.4%)	10:32	5.7 (51.8%)
124	CZUBA Robert	811	ORANGE POLSKA	M50	15	02:01:46	03:08:57	03:54:58	06:16:04	08:15:50	08:40:14	11:04:41	<b>13:53:09.35</b>	<b>13:53:09.35</b>	+06:43:06 (48.4%)	10:32	5.7 (51.8%)
125	NAGORZYSKA Sylwia	821	MUD FOXES	K40	17	02:06:43	03:12:46	03:54:55	06:04:52	08:14:49	08:39:19	11:03:52	<b>13:57:09.65</b>	<b>13:57:19.70</b>	+06:47:16 (48.6%)	10:35	5.7 (51.8%)
126	NAGORZYSKI Arkadiusz	736	MUD FOXES	M40	51	02:06:39	03:12:41	03:54:58	06:04:51	08:14:52	08:39:16	11:03:59	<b>13:57:09.00</b>	<b>13:57:19.85</b>	+06:47:17 (48.6%)	10:35	5.7 (51.8%)
127	RACIBORSKI Grzegorz	738	TKKF KOLEJARZ BYDGOSZCZ	M40	52	02:06:26	03:12:43	03:54:24	06:04:48	08:14:56	08:39:35	11:04:06	<b>13:59:04.85</b>	<b>13:59:14.95</b>	+06:49:12 (48.8%)	10:37	5.6 (50.9%)
128	OKULICZ Anita	737	MUD FOXES	K30	5	02:06:41	03:13:01	03:54:39	06:04:56	08:15:05	08:39:42	11:04:20	<b>13:59:49.00</b>	<b>13:59:49.00</b>	+06:49:46 (48.8%)	10:37	5.6 (50.9%)
129	PŁONKA Piotr	816		M40	53	01:55:11	03:02:02	03:46:04	06:03:27	08:24:19	08:53:15	11:17:21	<b>14:01:53.95</b>	<b>14:02:06.85</b>	+06:52:04 (48.9%)	10:39	5.6 (50.9%)
130	RAJCZAK Łukasz	827		M40	54	01:57:06	02:59:59	03:46:43	06:01:44	08:14:45	08:39:59	11:17:59	<b>14:02:01.10</b>	<b>14:02:10.80</b>	+06:52:07 (48.9%)	10:39	5.6 (50.9%)
131	ŽABKA Pavel	791		M30	27	01:40:53	02:43:58	03:20:42	05:16:18	07:18:28	07:57:34	10:39:46	<b>14:03:59.35</b>	<b>14:03:59.35</b>	+06:53:56 (49.0%)	10:41	5.6 (50.9%)
	NAWROCKA Aleksandra	841		K40		02:01:37 DNF	03:11:28 DNF	03:59:06 DNF	06:29:50 DNF	08:37:24 DNF	09:04:11 DNF	11:54:14 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Komarno 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
	<b>ŚLEZIAK Jarosław</b>	<b>843</b>	TERVEL MOUNTAIN RUNNER	M40		01:30:00 DNF	02:10:35 DNF	02:41:05 DNF	04:09:50 DNF	05:44:43 DNF	06:02:55 DNF	09:09:47 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KEMPKA Maciej</b>	<b>810</b>		M30		01:34:00 DNF	02:19:30 DNF	02:55:36 DNF	05:01:29 DNF	07:16:13 DNF	08:13:52 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>HAŁUBEK Adam</b>	<b>756</b>		M30		02:00:31 DNF	03:04:06 DNF	03:44:00 DNF	06:03:20 DNF	08:14:21 DNF	08:53:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OLEKSIEWICZ Maurycy</b>	<b>730</b>	SZAKALE BAŁUT ŁÓDŹ	M40		01:15:31 DNF	01:52:47 DNF	02:19:50 DNF	03:39:16 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DĄBROWICZ Jakub</b>	<b>823</b>		M40		01:29:22 DNF	02:15:45 DNF	02:47:42 DNF	04:22:48 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOWSZYS Arkadiusz</b>	<b>826</b>	KAMAR	M40		01:31:52 DNF	02:15:14 DNF	02:47:50 DNF	04:42:15 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STRONIKOWSKI Kamil</b>	<b>803</b>	DRUŻYNA STASIA	M40		01:57:20 DNF	02:56:56 DNF	03:40:40 DNF	06:06:18 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GOSPODAREK Łukasz</b>	<b>733</b>	DRUŻYNA STASIA	M40		02:10:27 DNF	03:17:29 DNF	04:04:42 DNF	06:21:09 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ROŹNIATA Iwona</b>	<b>849</b>		K50		02:16:17 DNF	03:25:03 DNF	04:12:45 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MASZEWSKA-WACH Mariola</b>	<b>704</b>		K40		02:16:21 DNF	03:25:46 DNF	04:13:11 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 142 wynik(ów)