

Wydarzenie: UltraKotlina
Organizator: Fundacja Przejście Kotliny
Data: 2024-10-12
Miejsce: Szklarska Poręba
Dystans: 80 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK1					Czas netto 82km	Czas brutto 82km	Różn	Tempo min/km	Tempo km/h
						PK10 Goduszyn 17km	PK11 Górzyniec 31km	Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
1	STAWIŃSKI Michał	728	AW SZYBCIEJ TEAM	M30	1	01:27:11	02:42:52	03:48:07	05:01:50	06:21:44	07:58:10.45	07:58:18.65		5:49	10.3 (100%)
2	KOCUREK Martin	763	RUNCAT	M40	1	01:27:16	02:48:18	04:02:44	05:23:36	06:48:33	08:31:23.95	08:31:34.60	+00:33:15 (6.5%)	6:14	9.6 (93.2%)
3	ŚLIWIŃSKI Rafał	839		M30	2	01:39:26	03:06:20	04:23:18	05:47:42	07:12:52	08:48:42.50	08:48:51.85	+00:50:33 (9.6%)	6:26	9.3 (90.3%)
4	ŚWIĄTEK Paweł	759	HRW	M40	2	01:35:18	03:03:13	04:23:20	05:47:33	07:14:00	08:59:30.05	08:59:42.75	+01:01:24 (11.4%)	6:34	9.1 (88.3%)
5	LECZOWICZ Patryk	842		M30	3	01:31:08	02:55:10	04:12:29	05:38:58	07:10:40	09:00:55.30	09:01:04.95	+01:02:46 (11.6%)	6:35	9.1 (88.3%)
6	OBSTÓJ Karolina	854	ON RUNNING	K30	1	01:44:14	03:16:27	04:32:03	05:55:09	07:20:12	09:05:01.65	09:05:09.80	+01:06:51 (12.3%)	6:38	9 (87.4%)
7	FISZER Sebastian	779	LESZ NO LIMITS RUNNERS	M40	3	01:31:31	03:00:04	04:25:36	05:58:00	07:34:45	09:19:22.15	09:19:32.80	+01:21:14 (14.5%)	6:49	8.8 (85.4%)
8	STEC Beata	780		K40	1	01:37:12	03:06:35	04:29:23	05:52:48	07:23:53	09:22:14.10	09:22:22.65	+01:24:04 (14.9%)	6:51	8.8 (85.4%)
9	WINIARCZYK Krzysztof	803		M40	4	01:31:32	02:56:46	04:20:34	05:50:57	07:27:14	09:26:22.10	09:26:32.55	+01:28:13 (15.6%)	6:54	8.7 (84.5%)
10	KSIĄŻEK Sebastian	742	RUNNER SAM PO LESIE	M40	5	01:37:24	03:09:54	04:33:24	06:02:34	07:35:18	09:30:42.50	09:30:53.80	+01:32:35 (16.2%)	6:57	8.6 (83.5%)
11	NOWOSIELSKI Grzegorz	719	ŻÓRAWSKI TEAM	M30	4	01:31:14	03:00:44	04:24:43	05:58:22	07:41:35	09:35:05.85	09:35:15.25	+01:36:56 (16.9%)	7:00	8.6 (83.5%)
12	BŁĄDEK Sławomir	843		M30	5	01:39:05	03:13:40	04:36:56	06:05:54	07:43:24	09:39:48.05	09:40:01.70	+01:41:43 (17.5%)	7:04	8.5 (82.5%)
13	WŁODARCZYK Krystian	705	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	M30	6	01:41:49	03:15:38	04:38:33	06:05:51	07:43:30	09:43:36.05	09:43:46.30	+01:45:27 (18.1%)	7:07	8.4 (81.6%)
14	NOWAK Marcin	808	ULTRA TEAM KRAKOWIAK	M40	6	01:41:23	03:14:08	04:36:42	06:15:29	07:53:56	09:43:56.25	09:44:09.70	+01:45:51 (18.1%)	7:07	8.4 (81.6%)
15	DOMAGAŁA Krzysztof	794	PSARUS'87-WRZEŚNIA	M30	7	01:39:04	03:10:23	04:33:21	06:05:39	07:44:54	09:43:57.00	09:44:14.90	+01:45:56 (18.1%)	7:07	8.4 (81.6%)
16	SMETANA Martin	747		M30	8	01:39:53	03:13:25	04:39:09	06:08:13	07:51:28	09:46:07.10	09:46:18.00	+01:47:59 (18.4%)	7:08	8.4 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK1					Czas netto 82km	Czas brutto 82km	Różn	Tempo min/km	Tempo km/h
						PK10 Goduszyn 17km	PK11 Górzyniec 31km	Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
17	ZAWADKA Dariusz	706		M30	9	01:44:19	03:18:33	04:48:11	06:15:46	07:52:42	09:52:53.65	09:53:04.35	+01:54:45 (19.4%)	7:13	8.3 (80.6%)
18	REPCZYŃSKI Mateusz	722		M30	10	01:43:08	03:17:24	04:43:08	06:15:38	07:51:21	09:52:55.70	09:53:04.80	+01:54:46 (19.4%)	7:13	8.3 (80.6%)
19	MIKOŁAJCZYK Rafał	835	DZG RUNNERS	M40	7	01:50:52	03:31:14	04:55:44	06:26:35	08:02:29	09:52:59.70	09:53:20.25	+01:55:01 (19.4%)	7:13	8.3 (80.6%)
20	KRZAK Marcel	743		M30	11	01:48:16	03:30:34	04:55:52	06:27:19	08:05:24	09:58:25.80	09:58:46.15	+02:00:27 (20.1%)	7:17	8.2 (79.6%)
21	ZIENTARA Krzysztof	710		M30	12	01:51:57	03:28:30	04:57:09	06:32:08	08:15:48	09:58:42.45	09:58:54.40	+02:00:35 (20.1%)	7:18	8.2 (79.6%)
22	SZATKOWSKI Rafał	713		M30	13	01:48:39	03:28:15	04:54:02	06:27:11	08:04:50	09:59:02.05	09:59:25.00	+02:01:06 (20.2%)	7:18	8.2 (79.6%)
23	WAWRZYŃIAK Małgorzata	755	#BIEGIEMWLAS	K40	2	01:48:39	03:29:05	04:55:56	06:26:46	08:05:42	09:59:37.75	09:59:50.55	+02:01:31 (20.3%)	7:18	8.2 (79.6%)
24	KRAKOWIAK Rafał	798	KRAKOWIAK ULTRA TEAM	M30	14	01:48:25	03:24:50	04:50:05	06:23:41	08:02:10	10:02:52.15	10:03:07.75	+02:04:49 (20.7%)	7:21	8.2 (79.6%)
25	MILCZAREK Sławomir	701	ORIENTARIUM ZOO ŁÓDŹ	M50	1	01:51:44	03:32:38	04:54:39	06:26:04	08:05:09	10:03:59.60	10:04:12.95	+02:05:54 (20.8%)	7:21	8.1 (78.6%)
26	KONIECZNY Cyprian	727		M30	15	01:47:31	03:22:03	04:50:34	06:25:47	08:05:03	10:10:59.95	10:11:16.65	+02:12:58 (21.8%)	7:27	8.1 (78.6%)
27	MIKOS Damian	791		M30	16	01:58:46	03:35:58	05:02:27	06:35:34	08:14:42	10:11:46.10	10:12:03.10	+02:13:44 (21.9%)	7:27	8 (77.7%)
28	SADEK SADOWSKI Paweł	797	GŁODOMOREK GLKS RUDAWY	M30	17	01:26:51	02:44:50	04:01:15	05:31:39	07:57:56	10:16:04.30	10:16:23.95	+02:18:05 (22.4%)	7:30	8 (77.7%)
29	FRANASZCZUK Wojciech	736	KB SOBÓTKA	M40	8	01:41:38	03:16:00	04:50:07	06:26:00	08:07:29	10:16:28.50	10:16:37.75	+02:18:19 (22.4%)	7:31	8 (77.7%)
30	GAŁUSZKA Rafał	812		M50	2	01:43:00	03:22:51	04:56:29	06:32:25	08:15:19	10:17:34.55	10:17:43.30	+02:19:24 (22.6%)	7:31	8 (77.7%)
31	KUCZYŃSKI Rafał	855		M40	9	01:44:36	03:22:31	04:53:49	06:31:15	08:15:30	10:17:29.05	10:17:45.85	+02:19:27 (22.6%)	7:31	8 (77.7%)
32	KAKOSZKA Marcin	740	MALA PANWEW TEAM	M40	10	01:40:45	03:22:23	04:58:50	06:35:45	08:24:06	10:20:00.00	10:20:09.25	+02:21:50 (22.9%)	7:33	7.9 (76.7%)
33	KARP Paweł	708		M40	11	01:46:43	03:21:49	04:52:44	06:28:42	08:14:50	10:20:49.75	10:21:03.10	+02:22:44 (23.0%)	7:34	7.9 (76.7%)
34	BOWSZYS Arkadiusz	807	PRYWATNIE	M40	12	01:41:04	03:15:01	04:49:31	06:31:12	08:19:44	10:21:26.55	10:21:50.30	+02:23:31 (23.1%)	7:34	7.9 (76.7%)
35	SPYCHAŁA Paweł	785		M40	13	01:55:38	03:40:56	05:14:40	06:46:12	08:31:54	10:25:12.00	10:25:30.85	+02:27:12 (23.5%)	7:37	7.9 (76.7%)
36	LEWANDOWSKI Bartłomiej	748	MMUU	M40	14	01:43:55	03:22:30	04:52:58	06:29:10	08:17:43	10:26:05.20	10:26:19.35	+02:28:00 (23.6%)	7:38	7.9 (76.7%)
37	ROZNIERSKA Dagmara	822	KLUB BIEGACZA SOBÓTKA	K30	2	01:51:46	03:29:17	04:57:53	06:35:14	08:20:14	10:27:09.85	10:27:26.70	+02:29:08 (23.8%)	7:38	7.8 (75.7%)
38	PIWOWOŃSKI Paweł	795	XXXXX	M40	15	01:44:07	03:21:50	04:55:05	06:29:02	08:20:11	10:27:09.05	10:27:26.95	+02:29:08 (23.8%)	7:38	7.8 (75.7%)
39	ZAJAC Mateusz	700		M30	18	01:46:57	03:20:20	04:48:54	06:26:07	08:13:23	10:28:03.70	10:28:20.70	+02:30:02 (23.9%)	7:39	7.8 (75.7%)
40	POŻOGA Artur	815		M40	16	01:58:38	03:39:40	05:11:26	06:53:34	08:35:36	10:33:37.35	10:33:55.85	+02:35:37 (24.5%)	7:43	7.8 (75.7%)

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						PK10 Goduszyn 17km	PK11 Górzyniec 31km	Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
41	MAKOWSKI Tomasz	718	#BIEGAMWOLNOALEDOKŁADNIE	M20	1	01:48:41	03:23:28	04:54:25	06:34:11	08:18:10	10:35:54.85	10:36:17.65	+02:37:59 (24.8%)	7:45	7.7 (74.8%)
42	MISZCZAK Piotr	831	SII RUNNING TEAM	M30	19	01:52:01	03:39:42	05:12:55	06:53:52	08:35:58	10:36:09.50	10:36:20.45	+02:38:01 (24.8%)	7:45	7.7 (74.8%)
43	ŻUREK-KRÓL Żaneta	775	ATHLETICS TEAM	K40	3	01:58:48	03:47:09	05:20:03	06:56:45	08:36:20	10:37:22.15	10:37:30.60	+02:39:11 (25.0%)	7:46	7.7 (74.8%)
44	SUSMARSKA Ewa	813	TM IRONTEAM	K20	1	01:44:51	03:22:05	04:56:21	06:41:08	08:32:57	10:37:23.60	10:37:44.45	+02:39:25 (25.0%)	7:46	7.7 (74.8%)
45	WAŚNIEWSKI Daniel	840	VAMOS RACING TEAM	M30	20	01:44:48	03:22:02	04:56:15	06:41:03	08:32:53	10:37:23.70	10:37:44.65	+02:39:26 (25.0%)	7:46	7.7 (74.8%)
46	POKRZYK Zbigniew	750		M40	17	01:54:21	03:39:34	05:11:53	06:47:30	08:29:57	10:40:13.20	10:40:34.50	+02:42:15 (25.3%)	7:48	7.7 (74.8%)
47	BRUDEREK Tomasz	817	PRIMUM CURRERE	M40	18	01:46:27	03:26:38	04:57:27	06:36:28	08:23:40	10:40:39.65	10:40:53.90	+02:42:35 (25.4%)	7:48	7.7 (74.8%)
48	MOSZKOWSKI Bogdan	821	RUN RABBIT RUN	M60+	1	01:51:44	03:35:40	05:14:09	06:56:00	08:41:38	10:42:13.65	10:42:32.35	+02:44:13 (25.6%)	7:49	7.7 (74.8%)
49	KUCHCIAK Mateusz	714		M30	21	01:51:05	03:31:31	05:10:31	06:52:33	08:38:50	10:43:02.45	10:43:12.55	+02:44:53 (25.6%)	7:50	7.7 (74.8%)
50	WALKOWIAK Joanna	845	BIEGAJĄCE KREJZOLE	K40	4	02:01:11	03:46:39	05:23:32	07:06:09	08:58:10	10:52:28.70	10:52:43.65	+02:54:25 (26.7%)	7:57	7.5 (72.8%)
51	SZYMAŃSKA Agata	804		K30	3	01:51:18	03:37:37	05:06:44	06:54:59	08:40:55	10:55:02.55	10:55:18.00	+02:56:59 (27.0%)	7:59	7.5 (72.8%)
52	CZAJKOWSKI Bartosz	773		M20	2	01:47:41	03:26:04	04:57:47	06:45:49	08:31:03	10:55:49.20	10:56:01.60	+02:57:42 (27.1%)	7:59	7.5 (72.8%)
53	GRABKOWSKI Rafał	818	DOGOŃ GRODZISK MAZOWIECKI	M50	3	01:54:31	03:37:27	05:16:09	06:56:08	08:47:04	10:55:57.35	10:56:11.50	+02:57:52 (27.1%)	7:59	7.5 (72.8%)
54	SZELIGA Jacek	726		M40	19	01:59:58	03:48:26	05:26:14	07:06:31	08:58:29	10:55:58.05	10:56:20.25	+02:58:01 (27.1%)	7:59	7.5 (72.8%)
55	STAWIANY Adrian	762		M30	22	02:01:29	03:48:26	05:19:58	06:57:28	08:41:35	10:56:24.35	10:56:39.20	+02:58:20 (27.2%)	8:00	7.5 (72.8%)
56	MACIEJEWSKI Łukasz	778	SUPERMARATON KALISZ	M40	20	01:53:42	03:35:56	05:06:41	06:45:58	08:35:39	10:56:48.55	10:57:00.95	+02:58:42 (27.2%)	8:00	7.5 (72.8%)
57	ZALEWSKI Daniel	764	BIEGAMY RAZEM WŁADYSŁAWOWO	M20	3	01:43:22	03:27:46	04:56:44	06:39:51	08:38:53	10:59:41.90	11:00:01.95	+03:01:43 (27.5%)	8:02	7.5 (72.8%)
58	LISIECKI Tomasz	772		M30	23	01:51:55	03:39:33	05:19:34	07:01:52	08:52:48	10:59:49.70	11:00:02.00	+03:01:43 (27.5%)	8:02	7.5 (72.8%)
59	KOŁODZIEJ Robert	790		M40	21	01:54:52	03:35:52	05:06:50	06:50:15	08:37:50	11:03:28.80	11:03:40.30	+03:05:21 (27.9%)	8:05	7.4 (71.8%)
60	ŁAWICKI Marcin	786	WKURW_TEAM	M30	24	01:50:31	03:35:30	05:12:56	06:53:40	08:53:49	11:06:02.80	11:06:22.30	+03:08:03 (28.2%)	8:07	7.4 (71.8%)
61	ŁOZIŃSKI Łukasz	801	TTSZCZECIN	M40	22	02:02:28	03:50:34	05:27:58	07:08:16	09:00:09	11:06:27.65	11:06:47.85	+03:08:29 (28.3%)	8:07	7.4 (71.8%)
61	PROKOPCZUK Adam	802		M40	22	02:02:25	03:50:30	05:27:59	07:08:12	09:00:10	11:06:26.45	11:06:47.85	+03:08:29 (28.3%)	8:07	7.4 (71.8%)
63	KOZIŃSKI Wojciech	757		M30	25	01:52:29	03:41:07	05:16:04	07:01:29	08:46:24	11:07:25.55	11:07:38.95	+03:09:20 (28.4%)	8:08	7.4 (71.8%)
64	KOSMAŁA Mateusz	732	SĄSIEDZKA WATAHA	M40	24	01:44:41	03:23:08	04:57:54	06:45:57	08:51:36	11:08:33.30	11:08:42.95	+03:10:24 (28.5%)	8:09	7.4 (71.8%)

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						PK10 Goduszyn 17km	PK11 Górzyniec 31km	Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
65	DZIUBAŁKA Adrian	776		M40	25	01:54:50	03:35:42	05:14:07	07:06:52	08:59:03	11:11:50.80	11:12:09.75	+03:13:51 (28.8%)	8:11	7.3 (70.9%)
66	LITKA Krzysztof	787	PZU SPORT TEAM	M40	26	01:42:03	03:18:24	04:51:08	06:32:38	08:27:00	11:14:53.45	11:15:09.55	+03:16:50 (29.2%)	8:13	7.3 (70.9%)
67	PASTERNAK Łukasz	789	ECHO TWARDOGÓRA	M30	26	01:56:17	03:39:13	05:16:23	06:56:07	08:52:09	11:16:14.35	11:16:34.00	+03:18:15 (29.3%)	8:14	7.3 (70.9%)
68	PLOCH Sebastian	793		M50	4	01:56:18	03:39:29	05:16:27	06:56:13	08:52:14	11:16:14.55	11:16:34.20	+03:18:15 (29.3%)	8:14	7.3 (70.9%)
69	BEKAS Marcin	834		M40	27	01:49:33	03:32:39	05:04:54	06:46:09	08:38:40	11:20:38.30	11:20:48.25	+03:22:29 (29.7%)	8:18	7.2 (69.9%)
70	LACHOWICZ Izabela	805	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K30	4	02:04:29	03:59:14	05:36:16	07:21:14	09:06:42	11:24:10.70	11:24:26.25	+03:26:07 (30.1%)	8:20	7.2 (69.9%)
71	POCHROŃ Marcin	766		M30	27	01:56:35	03:44:20	05:29:47	07:15:36	09:12:23	11:26:56.55	11:27:10.15	+03:28:51 (30.4%)	8:22	7.2 (69.9%)
72	KOZŁOWSKA Iwona	841	LESZ NO LIMITS RUNNERS	K50	1	02:01:02	03:56:51	05:39:08	07:24:56	09:20:25	11:27:54.95	11:28:07.85	+03:29:49 (30.5%)	8:23	7.2 (69.9%)
73	DUBRAVCIK Jakub	746		M30	28	01:43:58	03:31:20	05:12:58	07:10:40	09:06:24	11:29:04.35	11:29:15.25	+03:30:56 (30.6%)	8:24	7.1 (68.9%)
74	MAZERSKI Grzegorz	744		M40	28	02:03:19	03:59:09	05:43:34	07:28:14	09:22:23	11:39:24.20	11:39:42.10	+03:41:23 (31.6%)	8:31	7 (68.0%)
75	LIETZ Renata	729	TOTALNIE BIEGNIĘCI	K30	5	01:59:25	03:46:49	05:25:02	07:18:40	09:14:15	11:43:53.05	11:44:08.95	+03:45:50 (32.1%)	8:35	7 (68.0%)
76	DYRKA Krzysztof	788	NBR TEAM CZYLI WARJOTY Z DZIEWICZEJ GÓRY	M50	5	02:03:06	03:57:03	05:40:25	07:27:55	09:30:34	11:44:39.05	11:44:48.15	+03:46:29 (32.1%)	8:35	7 (68.0%)
77	MAKUCH Leszek	844	TERAZ SUDETY	M30	29	01:53:26	03:37:08	05:15:39	06:57:22	08:57:53	11:44:57.15	11:45:19.85	+03:47:01 (32.2%)	8:35	7 (68.0%)
78	WĄSOWICZ Krzysztof	721	RUN FOR FUN	M30	30	01:58:29	03:48:30	05:39:02	07:24:40	09:30:15	11:49:22.00	11:49:46.35	+03:51:27 (32.6%)	8:39	6.9 (67.0%)
79	BARAŃSKI Piotr	771		M40	29	02:00:28	03:59:09	05:42:17	07:29:48	09:28:44	11:51:16.15	11:51:29.35	+03:53:10 (32.8%)	8:40	6.9 (67.0%)
80	TUCZYŃSKA Barbara	754	ACTIVE TEAM BEZ BALASTU	K40	5	02:08:56	04:14:41	06:09:02	07:50:53	09:36:06	11:51:56.50	11:52:19.60	+03:54:00 (32.9%)	8:40	6.9 (67.0%)
81	SOWA Mariusz	833	AKTYWNI LIPINKI	M40	30	01:52:36	03:41:10	05:26:15	07:24:57	09:25:59	11:53:24.80	11:53:44.55	+03:55:25 (33.0%)	8:42	6.9 (67.0%)
82	BYLINIAK Piotr	774		M30	31	02:04:24	03:48:18	05:23:23	07:07:06	09:17:56	11:57:36.65	11:58:02.65	+03:59:44 (33.4%)	8:45	6.9 (67.0%)
83	SADOWSKA Natalia	702	TLENOWA RADOŚĆ TEAM	K30	6	02:08:49	04:08:17	05:55:15	07:45:24	09:36:04	12:01:16.05	12:01:39.20	+04:03:20 (33.7%)	8:47	6.8 (66.0%)
84	PACZKOWSKA Katarzyna	800	WLKP MOUNTAINS ULTRA	K40	6	01:54:57	03:38:15	05:15:49	06:58:20	08:58:04	12:05:46.75	12:06:01.30	+04:07:42 (34.1%)	8:51	6.8 (66.0%)
85	JÓZWIK Marek	825	BIEGIEM RADOM!	M50	6	02:02:56	03:58:40	05:40:06	07:26:21	09:23:06	12:08:06.05	12:08:22.85	+04:10:04 (34.3%)	8:52	6.8 (66.0%)
86	FRYZIEL Norbert	783	ULTRA DZIADY	M50	7	01:55:10	03:46:32	05:32:58	07:25:59	09:36:44	12:11:45.10	12:12:04.00	+04:13:45 (34.7%)	8:55	6.7 (65.0%)
87	MIELCAREK Damian	811	NO EXCUSES TEAM	M40	31	02:03:28	03:58:56	05:48:09	07:46:09	09:50:37	12:15:24.95	12:15:41.50	+04:17:22 (35.0%)	8:58	6.7 (65.0%)
88	DYRAGA Marcin	784	SAINT-GOBAIN SQUAD	M40	32	01:59:52	03:55:08	05:42:59	07:36:06	09:42:01	12:17:02.40	12:17:21.95	+04:19:03 (35.1%)	8:59	6.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK1					Czas netto 82km	Czas brutto 82km	Różn	Tempo min/km	Tempo km/h
						PK10 Goduszyn 17km	PK11 Górzyniec 31km	Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
89	KOBYŁKA Marek	819	SUPERMARATON KALISZ	M50	8	01:53:45	03:45:07	05:32:42	07:37:06	09:47:19	12:30:15.85	12:30:27.95	+04:32:09 (36.3%)	9:08	6.6 (64.1%)
90	ZDROJEWSKI Paweł	847		M50	9	02:13:54	04:31:35	06:20:29	08:09:25	10:07:11	12:30:45.25	12:31:07.65	+04:32:49 (36.3%)	9:09	6.6 (64.1%)
91	WIJAS Marcin	820	TEEMPO WAŁBRZYCH	M30	32	02:12:31	04:16:50	06:10:20	08:02:13	10:03:54	12:36:30.00	12:36:41.95	+04:38:23 (36.8%)	9:13	6.5 (63.1%)
92	ZIELIŃSKA Justyna	731	KS POSNANIA TRIATHLON	K40	7	02:11:52	04:15:39	06:07:17	07:57:24	09:53:17	12:37:19.20	12:37:34.15	+04:39:15 (36.9%)	9:14	6.5 (63.1%)
93	PATROŃSKI Paweł	848		M50	10	02:01:37	04:02:29	05:51:17	07:50:00	09:54:13	12:46:02.05	12:46:19.95	+04:48:01 (37.6%)	9:20	6.4 (62.1%)
94	JAKŚ Mariusz	739	ALPIMADE TEAM	M40	33	02:05:46	04:07:55	06:03:02	08:09:43	10:09:51	12:49:34.70	12:49:52.45	+04:51:33 (37.9%)	9:23	6.4 (62.1%)
95	COP Anna	838	DAV SEKCJA KATOWICKA / BLUSZCZA	K40	8	02:06:24	04:11:45	05:55:41	07:56:36	10:05:24	12:50:35.75	12:50:49.60	+04:52:30 (37.9%)	9:23	6.4 (62.1%)
96	MAY-ADAMEK Katarzyna	765	CITYZEN	K40	9	02:13:51	04:21:52	06:15:56	08:15:12	10:20:34	12:51:09.30	12:51:31.20	+04:53:12 (38.0%)	9:24	6.4 (62.1%)
97	GRZYBOWSKI Tomasz	770		M50	11	02:05:38	04:06:22	05:53:52	07:46:58	09:55:29	12:53:16.70	12:53:34.70	+04:55:16 (38.2%)	9:25	6.4 (62.1%)
98	RABIEJ Kazimierz	828	ROZBIEGANI CHOJNÓW	M60+	2	02:09:09	04:11:59	06:03:37	08:05:16	10:16:47	12:55:55.45	12:56:11.65	+04:57:53 (38.4%)	9:27	6.3 (61.2%)
99	KOZUBSKI Maciej	756		M30	33	02:04:25	04:07:43	06:05:25	08:08:07	10:12:09	12:58:15.05	12:58:37.25	+05:00:18 (38.6%)	9:29	6.3 (61.2%)
100	ADAMCZYK Marcin	734	MARCIN NA GIGANCIE	M40	34	02:11:31	04:15:07	06:10:59	08:15:18	10:20:31	12:58:28.80	12:58:51.05	+05:00:32 (38.6%)	9:29	6.3 (61.2%)
101	MAJKA Dariusz	824	BIEGACZE ŚWINOUJŚCIE	M40	35	02:02:46	04:07:40	06:02:54	08:09:44	10:18:03	12:59:14.55	12:59:25.85	+05:01:07 (38.6%)	9:30	6.3 (61.2%)
102	MUCHA Adam	836	BIEGAJĄCE KREJZOLE	M50	12	02:03:28	04:16:02	06:13:56	08:25:09	10:28:58	13:01:22.40	13:01:38.35	+05:03:19 (38.8%)	9:31	6.3 (61.2%)
103	KOPER Marcin	809	PLANYBIEGOWE.PL	M40	36	01:59:53	04:04:26	06:01:15	08:08:41	10:17:02	13:01:29.50	13:01:41.95	+05:03:23 (38.8%)	9:31	6.3 (61.2%)
104	PAJDOWSKI Andrzej	777		M50	13	02:24:05	04:32:08	06:14:34	08:09:04	10:16:21	13:01:48.50	13:02:13.25	+05:03:54 (38.9%)	9:32	6.3 (61.2%)
105	PERMUS Agnieszka	846		K40	10	02:13:04	04:16:58	06:14:46	08:16:16	10:22:17	13:05:46.15	13:06:08.95	+05:07:50 (39.2%)	9:34	6.3 (61.2%)
106	TUCZYŃSKI Maciej	799	ACTIVE TEAM BEZBALASTU	M40	37	02:08:58	04:14:43	06:11:22	08:16:22	10:22:19	13:05:46.70	13:06:10.75	+05:07:52 (39.2%)	9:34	6.3 (61.2%)
107	GNIENIEC-CZUBA Róża	849		K40	11	02:07:42	04:06:47	05:59:40	07:57:37	10:08:46	13:07:13.10	13:07:34.80	+05:09:16 (39.3%)	9:36	6.2 (60.2%)
108	CZUBA Paweł	850		M40	38	02:07:48	04:06:52	05:59:38	07:57:42	10:08:49	13:07:13.40	13:07:35.00	+05:09:16 (39.3%)	9:36	6.2 (60.2%)
109	GAWRECKA Beata	767	JUTROSIŃSKI KLUB BIEGACZY	K40	12	02:10:54	04:16:22	06:03:19	08:05:59	10:17:19	13:10:56.10	13:11:05.90	+05:12:47 (39.5%)	9:38	6.2 (60.2%)
110	GRZEŚKOWIAK Zbigniew	769	JUTROSIŃSKI KLUB BIEGACZY	M40	39	02:10:51	04:16:18	06:03:23	08:06:01	10:17:23	13:10:55.95	13:11:06.10	+05:12:47 (39.5%)	9:38	6.2 (60.2%)
111	WARSZYCKI Artur	749	BIEGAJĄCE KREJZOLE	M30	34	02:16:11	04:23:08	06:14:47	08:25:21	10:31:08	13:17:05.85	13:17:21.45	+05:19:02 (40.0%)	9:43	6.2 (60.2%)
112	NIŹEWSKI Paweł	796	KRAKOWIAK ULTRA TEAM	M40	40	02:03:19	04:03:33	05:57:21	08:13:45	10:27:35	13:21:40.65	13:21:56.75	+05:23:38 (40.4%)	9:46	6.1 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK1					Czas netto 82km	Czas brutto 82km	Różn	Tempo min/km	Tempo km/h
						PK10 Goduszyn 17km	PK11 Górzyniec 31km	Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
113	POLAŃSKI Franciszek	832		M40	41	02:03:55	04:15:29	06:12:44	08:07:03	10:18:23	13:26:58.15	13:27:07.95	+05:28:49 (40.7%)	9:50	6.1 (59.2%)
114	MOSTOWSKA Joanna	751	KB KAŹY WROCLAWSKIE	K40	13	02:20:53	04:30:36	06:24:13	08:31:06	10:45:42	13:29:42.95	13:30:08.10	+05:31:49 (41.0%)	9:52	6.1 (59.2%)
115	ZIELIŃSKI Tomasz	724	ULTRA PIOTRKÓW	M50	14	02:18:29	04:27:36	06:21:22	08:23:59	10:32:06	13:32:14.95	13:32:32.45	+05:34:13 (41.1%)	9:54	6.1 (59.2%)
116	TUREK Karolina	703	AKTYWNI RAZEM	K40	14	02:13:07	04:21:48	06:15:22	08:19:09	10:29:32	13:32:26.85	13:32:43.35	+05:34:24 (41.1%)	9:54	6.1 (59.2%)
117	WEYNA Rafał	720		M50	15	02:13:00	04:21:45	06:15:20	08:19:02	10:29:35	13:32:27.60	13:32:44.00	+05:34:25 (41.1%)	9:54	6.1 (59.2%)
118	KÓZKA Przemó	781	WARJOTY Z DZIEWICZEJ GÓRY	M50	16	02:07:53	04:16:07	06:13:54	08:25:13	10:33:07	13:33:01.80	13:33:17.25	+05:34:58 (41.2%)	9:54	6.1 (59.2%)
119	ZIELIŃSKI Robert	730	KS POSNANIA TRIATHLON	M40	42	02:20:16	04:32:06	06:35:19	08:44:58	10:48:58	13:34:29.75	13:34:44.60	+05:36:25 (41.3%)	9:55	6 (58.3%)
120	SUŁEK Aldona	810	ZOELLER TECH	K40	15	02:19:08	04:33:11	06:30:42	08:39:20	10:48:15	13:34:44.00	13:35:04.15	+05:36:45 (41.3%)	9:56	6 (58.3%)
121	SZPYT Andrzej	814		M50	17	02:12:11	04:22:33	06:19:25	08:19:56	10:38:22	13:39:19.50	13:39:40.55	+05:41:21 (41.6%)	9:59	6 (58.3%)
122	GRZELAK Arkadiusz	829		M30	35	02:03:31	04:04:48	06:01:01	08:12:38	10:32:27	13:44:03.80	13:44:22.50	+05:46:03 (42.0%)	10:02	6 (58.3%)
123	WENGERSKI Roman	830	RGB	M40	43	02:04:24	04:07:59	06:09:12	08:11:48	10:33:18	13:46:06.25	13:46:22.35	+05:48:03 (42.1%)	10:04	6 (58.3%)
124	KAWIK Janusz	737		M50	18	02:18:39	04:28:59	06:20:24	08:29:14	10:48:32	13:50:26.50	13:50:38.10	+05:52:19 (42.4%)	10:07	5.9 (57.3%)
125	SOCHANOWSKI Krzysztof	837		M30	36	01:56:53	03:55:09	06:05:25	08:18:32	10:47:14	14:06:48.60	14:06:59.95	+06:08:41 (43.5%)	10:19	5.8 (56.3%)
126	SKOCZYLAS Piotr	782		M40	44	02:11:49	04:22:50	06:21:45	08:37:35	10:56:07	14:09:01.05	14:09:19.35	+06:11:00 (43.7%)	10:21	5.8 (56.3%)
127	TROJANOWSKA Małgorzata	760	TRAIL IS OUR WAY	K30	7	02:27:48	04:39:36	06:49:06	08:55:55	11:20:58	14:10:21.85	14:10:43.30	+06:12:24 (43.8%)	10:22	5.8 (56.3%)
128	DROŃ Jakub	857		M40	45	02:18:14	04:34:10	06:40:06	08:53:59	11:21:01	14:28:28.60	14:28:52.50	+06:30:33 (45.0%)	10:35	5.7 (55.3%)
129	KOSTYK Grzegorz	753		M40	46	02:13:39	04:21:34	06:16:08	08:27:57	11:20:18	14:32:29.60	14:32:45.15	+06:34:26 (45.2%)	10:38	5.6 (54.4%)
130	DOMAGAŁA Andrzej	856		M50	19	02:12:49	04:31:34	06:26:13	08:40:38	10:58:46	14:32:54.15	14:33:06.55	+06:34:47 (45.2%)	10:38	5.6 (54.4%)
131	BUJAK Łukasz	816	#BIEGAMBOMAMZONE	M30	37	02:19:58	04:34:52	06:38:11	08:55:15	11:22:24	14:35:19.80	14:35:44.75	+06:37:26 (45.4%)	10:40	5.6 (54.4%)
132	MACKIEWICZ Dorota	806		K50	2	02:19:28	04:35:39	06:45:12	08:53:52	11:17:48	14:42:37.45	14:42:58.75	+06:44:40 (45.8%)	10:45	5.6 (54.4%)
133	GAN Arkadiusz	792		M40	47	02:08:39	04:16:06	06:33:20	08:37:11	10:59:27	14:53:26.95	14:53:45.30	+06:55:26 (46.5%)	10:53	5.5 (53.4%)
134	KOCIEMBA Adrianna	723	NIE MA.	K40	16	02:20:02	04:36:41	06:43:45	08:52:39	11:38:19	14:53:41.40	14:53:50.25	+06:55:31 (46.5%)	10:53	5.5 (53.4%)
135	WASIAK Grzegorz	851	WWW.BIEGAM-I-MYSLE.PL	M50	20	02:27:20	04:43:27	06:40:14	08:53:42	11:38:00	14:53:29.60	14:53:53.00	+06:55:34 (46.5%)	10:53	5.5 (53.4%)
136	VELKOV Velizar	768		M30	38	02:13:49	04:34:41	06:42:42	08:54:39	11:38:17	14:56:49.60	14:57:07.20	+06:58:48 (46.7%)	10:56	5.5 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK1					Czas netto 82km	Czas brutto 82km	Różn	Tempo min/km	Tempo km/h
						PK10 Goduszyn 17km	PK11 Górzyniec 31km	PK1 Rozdroże Izerskie 43km	PK2 Świeradów 56km	PK12 Kopalnia 67km					
	CHMIELEWSKI Adrian	826		M30		02:05:18 DNF	04:07:54 DNF	06:01:08 DNF	08:27:31 DNF	DNF	DNF	DNF	-	-	(0.0%)
	HAŃCZAK Piotr	715	STRZESZYN BIEGA	M40		02:15:10 DNF	04:28:52 DNF	06:38:15 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GAWLAS Przemysław	853		M50		02:14:04 DNF	04:31:39 DNF	06:46:08 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JUDA Jarosław	733		M50		02:18:34 DNF	04:52:06 DNF	06:51:04 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SADOWSKI Krzysztof	752		M20		01:39:02 DNF	03:43:56 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIONTKOWSKI Filip	712		M30		01:48:43 DNF	03:50:37 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WIECZOREK Monika	707	KILOMETRY POMOCY	K40		02:25:18 DNF	05:05:40 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ŻAK Adam	852		M40		01:41:32 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 144 wynik(ów)