

**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	<b>STAWIŃSKI Michał</b>	<b>728</b>	AW SZYBCIEJ TEAM	M30	1	01:27:11	02:42:52	03:48:07	05:01:50	06:21:44	<b>07:58:10.45</b>	<b>07:58:18.65</b>		5:49	10.3 (100%)
2	<b>KOCUREK Martin</b>	<b>763</b>	RUNCAT	M40	1	01:27:16	02:48:18	04:02:44	05:23:36	06:48:33	<b>08:31:23.95</b>	<b>08:31:34.60</b>	+00:33:15 (6.5%)	6:14	9.6 (93.2%)
3	<b>ŚLIWIŃSKI Rafał</b>	<b>839</b>		M30	2	01:39:26	03:06:20	04:23:18	05:47:42	07:12:52	<b>08:48:42.50</b>	<b>08:48:51.85</b>	+00:50:33 (9.6%)	6:26	9.3 (90.3%)
4	<b>ŚWIĄTEK Paweł</b>	<b>759</b>	HRW	M40	2	01:35:18	03:03:13	04:23:20	05:47:33	07:14:00	<b>08:59:30.05</b>	<b>08:59:42.75</b>	+01:01:24 (11.4%)	6:34	9.1 (88.3%)
5	<b>LECZOWICZ Patryk</b>	<b>842</b>		M30	3	01:31:08	02:55:10	04:12:29	05:38:58	07:10:40	<b>09:00:55.30</b>	<b>09:01:04.95</b>	+01:02:46 (11.6%)	6:35	9.1 (88.3%)
6	<b>OBSTÓJ Karolina</b>	<b>854</b>	ON RUNNING	K30	1	01:44:14	03:16:27	04:32:03	05:55:09	07:20:12	<b>09:05:01.65</b>	<b>09:05:09.80</b>	+01:06:51 (12.3%)	6:38	9 (87.4%)
7	<b>FISZER Sebastian</b>	<b>779</b>	LESZ NO LIMITS RUNNERS	M40	3	01:31:31	03:00:04	04:25:36	05:58:00	07:34:45	<b>09:19:22.15</b>	<b>09:19:32.80</b>	+01:21:14 (14.5%)	6:49	8.8 (85.4%)
8	<b>STEC Beata</b>	<b>780</b>		K40	1	01:37:12	03:06:35	04:29:23	05:52:48	07:23:53	<b>09:22:14.10</b>	<b>09:22:22.65</b>	+01:24:04 (14.9%)	6:51	8.8 (85.4%)
9	<b>WINIARCZYK Krzysztof</b>	<b>803</b>		M40	4	01:31:32	02:56:46	04:20:34	05:50:57	07:27:14	<b>09:26:22.10</b>	<b>09:26:32.55</b>	+01:28:13 (15.6%)	6:54	8.7 (84.5%)
10	<b>KSIĄŻEK Sebastian</b>	<b>742</b>	RUNNER SAM PO LESIE	M40	5	01:37:24	03:09:54	04:33:24	06:02:34	07:35:18	<b>09:30:42.50</b>	<b>09:30:53.80</b>	+01:32:35 (16.2%)	6:57	8.6 (83.5%)
11	<b>NOWOSIELSKI Grzegorz</b>	<b>719</b>	ŻÓRAWSKI TEAM	M30	4	01:31:14	03:00:44	04:24:43	05:58:22	07:41:35	<b>09:35:05.85</b>	<b>09:35:15.25</b>	+01:36:56 (16.9%)	7:00	8.6 (83.5%)
12	<b>BŁĄDEK Sławomir</b>	<b>843</b>		M30	5	01:39:05	03:13:40	04:36:56	06:05:54	07:43:24	<b>09:39:48.05</b>	<b>09:40:01.70</b>	+01:41:43 (17.5%)	7:04	8.5 (82.5%)
13	<b>WŁODARCZYK Krystian</b>	<b>705</b>	GRUPA BIEGOWA TRISTONE WAŁBRZYCH	M30	6	01:41:49	03:15:38	04:38:33	06:05:51	07:43:30	<b>09:43:36.05</b>	<b>09:43:46.30</b>	+01:45:27 (18.1%)	7:07	8.4 (81.6%)
14	<b>NOWAK Marcin</b>	<b>808</b>	ULTRA TEAM KRAKOWIAK	M40	6	01:41:23	03:14:08	04:36:42	06:15:29	07:53:56	<b>09:43:56.25</b>	<b>09:44:09.70</b>	+01:45:51 (18.1%)	7:07	8.4 (81.6%)
15	<b>DOMAGAŁA Krzysztof</b>	<b>794</b>	PSARUS'87-WRZEŚNIA	M30	7	01:39:04	03:10:23	04:33:21	06:05:39	07:44:54	<b>09:43:57.00</b>	<b>09:44:14.90</b>	+01:45:56 (18.1%)	7:07	8.4 (81.6%)
16	<b>SMETANA Martin</b>	<b>747</b>		M30	8	01:39:53	03:13:25	04:39:09	06:08:13	07:51:28	<b>09:46:07.10</b>	<b>09:46:18.00</b>	+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	<b>09:52:53.65</b>	<b>09:53:04.35</b>	+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	<b>09:52:55.70</b>	<b>09:53:04.80</b>	+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	<b>09:52:59.70</b>	<b>09:53:20.25</b>	+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	<b>09:58:25.80</b>	<b>09:58:46.15</b>	+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	<b>09:58:42.45</b>	<b>09:58:54.40</b>	+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	<b>09:59:02.05</b>	<b>09:59:25.00</b>	+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	<b>09:59:37.75</b>	<b>09:59:50.55</b>	+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	<b>10:02:52.15</b>	<b>10:03:07.75</b>	+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	<b>10:03:59.60</b>	<b>10:04:12.95</b>	+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	<b>10:10:59.95</b>	<b>10:11:16.65</b>	+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	<b>10:11:46.10</b>	<b>10:12:03.10</b>	+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	<b>10:16:04.30</b>	<b>10:16:23.95</b>	+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	<b>10:16:28.50</b>	<b>10:16:37.75</b>	+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	<b>10:17:34.55</b>	<b>10:17:43.30</b>	+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	<b>10:17:29.05</b>	<b>10:17:45.85</b>	+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	<b>10:20:00.00</b>	<b>10:20:09.25</b>	+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	<b>10:20:49.75</b>	<b>10:21:03.10</b>	+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	<b>10:21:26.55</b>	<b>10:21:50.30</b>	+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	<b>10:25:12.00</b>	<b>10:25:30.85</b>	+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	<b>10:26:05.20</b>	<b>10:26:19.35</b>	+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	<b>10:27:09.85</b>	<b>10:27:26.70</b>	+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	<b>10:27:09.05</b>	<b>10:27:26.95</b>	+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	<b>10:28:03.70</b>	<b>10:28:20.70</b>	+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	<b>10:33:37.35</b>	<b>10:33:55.85</b>	+02:35:37 (24.5%)	7:43	7.8 (75.7%)

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

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					
65	<b>DZIUBAŁKA Adrian</b>	<b>776</b>		M40	25	01:54:50	03:35:42	05:14:07	07:06:52	08:59:03	<b>11:11:50.80</b>	<b>11:12:09.75</b>	+03:13:51 (28.8%)	8:11	7.3 (70.9%)
66	<b>LITKA Krzysztof</b>	<b>787</b>	PZU SPORT TEAM	M40	26	01:42:03	03:18:24	04:51:08	06:32:38	08:27:00	<b>11:14:53.45</b>	<b>11:15:09.55</b>	+03:16:50 (29.2%)	8:13	7.3 (70.9%)
67	<b>PASTERNAK Łukasz</b>	<b>789</b>	ECHO TWARDOGÓRA	M30	26	01:56:17	03:39:13	05:16:23	06:56:07	08:52:09	<b>11:16:14.35</b>	<b>11:16:34.00</b>	+03:18:15 (29.3%)	8:14	7.3 (70.9%)
68	<b>PLOCH Sebastian</b>	<b>793</b>		M50	4	01:56:18	03:39:29	05:16:27	06:56:13	08:52:14	<b>11:16:14.55</b>	<b>11:16:34.20</b>	+03:18:15 (29.3%)	8:14	7.3 (70.9%)
69	<b>BEKAS Marcin</b>	<b>834</b>		M40	27	01:49:33	03:32:39	05:04:54	06:46:09	08:38:40	<b>11:20:38.30</b>	<b>11:20:48.25</b>	+03:22:29 (29.7%)	8:18	7.2 (69.9%)
70	<b>LACHOWICZ Izabela</b>	<b>805</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K30	4	02:04:29	03:59:14	05:36:16	07:21:14	09:06:42	<b>11:24:10.70</b>	<b>11:24:26.25</b>	+03:26:07 (30.1%)	8:20	7.2 (69.9%)
71	<b>POCHROŃ Marcin</b>	<b>766</b>		M30	27	01:56:35	03:44:20	05:29:47	07:15:36	09:12:23	<b>11:26:56.55</b>	<b>11:27:10.15</b>	+03:28:51 (30.4%)	8:22	7.2 (69.9%)
72	<b>KOZŁOWSKA Iwona</b>	<b>841</b>	LESZ NO LIMITS RUNNERS	K50	1	02:01:02	03:56:51	05:39:08	07:24:56	09:20:25	<b>11:27:54.95</b>	<b>11:28:07.85</b>	+03:29:49 (30.5%)	8:23	7.2 (69.9%)
73	<b>DUBRAVCIK Jakub</b>	<b>746</b>		M30	28	01:43:58	03:31:20	05:12:58	07:10:40	09:06:24	<b>11:29:04.35</b>	<b>11:29:15.25</b>	+03:30:56 (30.6%)	8:24	7.1 (68.9%)
74	<b>MAZERSKI Grzegorz</b>	<b>744</b>		M40	28	02:03:19	03:59:09	05:43:34	07:28:14	09:22:23	<b>11:39:24.20</b>	<b>11:39:42.10</b>	+03:41:23 (31.6%)	8:31	7 (68.0%)
75	<b>LIETZ Renata</b>	<b>729</b>	TOTALNIE BIEGNIĘCI	K30	5	01:59:25	03:46:49	05:25:02	07:18:40	09:14:15	<b>11:43:53.05</b>	<b>11:44:08.95</b>	+03:45:50 (32.1%)	8:35	7 (68.0%)
76	<b>DYRKA Krzysztof</b>	<b>788</b>	NBR TEAM CZYLI WARJOTY Z DZIEWICZEJ GÓRY	M50	5	02:03:06	03:57:03	05:40:25	07:27:55	09:30:34	<b>11:44:39.05</b>	<b>11:44:48.15</b>	+03:46:29 (32.1%)	8:35	7 (68.0%)
77	<b>MAKUCH Leszek</b>	<b>844</b>	TERAZ SUDETY	M30	29	01:53:26	03:37:08	05:15:39	06:57:22	08:57:53	<b>11:44:57.15</b>	<b>11:45:19.85</b>	+03:47:01 (32.2%)	8:35	7 (68.0%)
78	<b>WĄSOWICZ Krzysztof</b>	<b>721</b>	RUN FOR FUN	M30	30	01:58:29	03:48:30	05:39:02	07:24:40	09:30:15	<b>11:49:22.00</b>	<b>11:49:46.35</b>	+03:51:27 (32.6%)	8:39	6.9 (67.0%)
79	<b>BARAŃSKI Piotr</b>	<b>771</b>		M40	29	02:00:28	03:59:09	05:42:17	07:29:48	09:28:44	<b>11:51:16.15</b>	<b>11:51:29.35</b>	+03:53:10 (32.8%)	8:40	6.9 (67.0%)
80	<b>TUCZYŃSKA Barbara</b>	<b>754</b>	ACTIVE TEAM BEZ BALASTU	K40	5	02:08:56	04:14:41	06:09:02	07:50:53	09:36:06	<b>11:51:56.50</b>	<b>11:52:19.60</b>	+03:54:00 (32.9%)	8:40	6.9 (67.0%)
81	<b>SOWA Mariusz</b>	<b>833</b>	AKTYWNI LIPINKI	M40	30	01:52:36	03:41:10	05:26:15	07:24:57	09:25:59	<b>11:53:24.80</b>	<b>11:53:44.55</b>	+03:55:25 (33.0%)	8:42	6.9 (67.0%)
82	<b>BYLINIAK Piotr</b>	<b>774</b>		M30	31	02:04:24	03:48:18	05:23:23	07:07:06	09:17:56	<b>11:57:36.65</b>	<b>11:58:02.65</b>	+03:59:44 (33.4%)	8:45	6.9 (67.0%)
83	<b>SADOWSKA Natalia</b>	<b>702</b>	TLENOWA RADOŚĆ TEAM	K30	6	02:08:49	04:08:17	05:55:15	07:45:24	09:36:04	<b>12:01:16.05</b>	<b>12:01:39.20</b>	+04:03:20 (33.7%)	8:47	6.8 (66.0%)
84	<b>PACZKOWSKA Katarzyna</b>	<b>800</b>	WLKP MOUNTAINS ULTRA	K40	6	01:54:57	03:38:15	05:15:49	06:58:20	08:58:04	<b>12:05:46.75</b>	<b>12:06:01.30</b>	+04:07:42 (34.1%)	8:51	6.8 (66.0%)
85	<b>JÓZWIK Marek</b>	<b>825</b>	BIEGIEM RADOM!	M50	6	02:02:56	03:58:40	05:40:06	07:26:21	09:23:06	<b>12:08:06.05</b>	<b>12:08:22.85</b>	+04:10:04 (34.3%)	8:52	6.8 (66.0%)
86	<b>FRYZIEL Norbert</b>	<b>783</b>	ULTRA DZIADY	M50	7	01:55:10	03:46:32	05:32:58	07:25:59	09:36:44	<b>12:11:45.10</b>	<b>12:12:04.00</b>	+04:13:45 (34.7%)	8:55	6.7 (65.0%)
87	<b>MIELCAREK Damian</b>	<b>811</b>	NO EXCUSES TEAM	M40	31	02:03:28	03:58:56	05:48:09	07:46:09	09:50:37	<b>12:15:24.95</b>	<b>12:15:41.50</b>	+04:17:22 (35.0%)	8:58	6.7 (65.0%)
88	<b>DYRAGA Marcin</b>	<b>784</b>	SAINT-GOBAIN SQUAD	M40	32	01:59:52	03:55:08	05:42:59	07:36:06	09:42:01	<b>12:17:02.40</b>	<b>12:17:21.95</b>	+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	<b>KOBYŁKA Marek</b>	<b>819</b>	SUPERMARATON KALISZ	M50	8	01:53:45	03:45:07	05:32:42	07:37:06	09:47:19	<b>12:30:15.85</b>	<b>12:30:27.95</b>	+04:32:09 (36.3%)	9:08	6.6 (64.1%)
90	<b>ZDROJEWSKI Paweł</b>	<b>847</b>		M50	9	02:13:54	04:31:35	06:20:29	08:09:25	10:07:11	<b>12:30:45.25</b>	<b>12:31:07.65</b>	+04:32:49 (36.3%)	9:09	6.6 (64.1%)
91	<b>WIJAS Marcin</b>	<b>820</b>	TEEMPO WAŁBRZYCH	M30	32	02:12:31	04:16:50	06:10:20	08:02:13	10:03:54	<b>12:36:30.00</b>	<b>12:36:41.95</b>	+04:38:23 (36.8%)	9:13	6.5 (63.1%)
92	<b>ZIELIŃSKA Justyna</b>	<b>731</b>	KS POSNANIA TRIATHLON	K40	7	02:11:52	04:15:39	06:07:17	07:57:24	09:53:17	<b>12:37:19.20</b>	<b>12:37:34.15</b>	+04:39:15 (36.9%)	9:14	6.5 (63.1%)
93	<b>PATROŃSKI Paweł</b>	<b>848</b>		M50	10	02:01:37	04:02:29	05:51:17	07:50:00	09:54:13	<b>12:46:02.05</b>	<b>12:46:19.95</b>	+04:48:01 (37.6%)	9:20	6.4 (62.1%)
94	<b>JAKŚ Mariusz</b>	<b>739</b>	ALPIMADE TEAM	M40	33	02:05:46	04:07:55	06:03:02	08:09:43	10:09:51	<b>12:49:34.70</b>	<b>12:49:52.45</b>	+04:51:33 (37.9%)	9:23	6.4 (62.1%)
95	<b>COP Anna</b>	<b>838</b>	DAV SEKCJA KATOWICKA / BLUSZCZA	K40	8	02:06:24	04:11:45	05:55:41	07:56:36	10:05:24	<b>12:50:35.75</b>	<b>12:50:49.60</b>	+04:52:30 (37.9%)	9:23	6.4 (62.1%)
96	<b>MAY-ADAMEK Katarzyna</b>	<b>765</b>	CITYZEN	K40	9	02:13:51	04:21:52	06:15:56	08:15:12	10:20:34	<b>12:51:09.30</b>	<b>12:51:31.20</b>	+04:53:12 (38.0%)	9:24	6.4 (62.1%)
97	<b>GRZYBOWSKI Tomasz</b>	<b>770</b>		M50	11	02:05:38	04:06:22	05:53:52	07:46:58	09:55:29	<b>12:53:16.70</b>	<b>12:53:34.70</b>	+04:55:16 (38.2%)	9:25	6.4 (62.1%)
98	<b>RABIEJ Kazimierz</b>	<b>828</b>	ROZBIEGANI CHOJNÓW	M60+	2	02:09:09	04:11:59	06:03:37	08:05:16	10:16:47	<b>12:55:55.45</b>	<b>12:56:11.65</b>	+04:57:53 (38.4%)	9:27	6.3 (61.2%)
99	<b>KOZUBSKI Maciej</b>	<b>756</b>		M30	33	02:04:25	04:07:43	06:05:25	08:08:07	10:12:09	<b>12:58:15.05</b>	<b>12:58:37.25</b>	+05:00:18 (38.6%)	9:29	6.3 (61.2%)
100	<b>ADAMCZYK Marcin</b>	<b>734</b>	MARCIN NA GIGANCIE	M40	34	02:11:31	04:15:07	06:10:59	08:15:18	10:20:31	<b>12:58:28.80</b>	<b>12:58:51.05</b>	+05:00:32 (38.6%)	9:29	6.3 (61.2%)
101	<b>MAJKA Dariusz</b>	<b>824</b>	BIEGACZE ŚWINOUJŚCIE	M40	35	02:02:46	04:07:40	06:02:54	08:09:44	10:18:03	<b>12:59:14.55</b>	<b>12:59:25.85</b>	+05:01:07 (38.6%)	9:30	6.3 (61.2%)
102	<b>MUCHA Adam</b>	<b>836</b>	BIEGAJĄCE KREJZOLE	M50	12	02:03:28	04:16:02	06:13:56	08:25:09	10:28:58	<b>13:01:22.40</b>	<b>13:01:38.35</b>	+05:03:19 (38.8%)	9:31	6.3 (61.2%)
103	<b>KOPER Marcin</b>	<b>809</b>	PLANYBIEGOWE.PL	M40	36	01:59:53	04:04:26	06:01:15	08:08:41	10:17:02	<b>13:01:29.50</b>	<b>13:01:41.95</b>	+05:03:23 (38.8%)	9:31	6.3 (61.2%)
104	<b>PAJDOWSKI Andrzej</b>	<b>777</b>		M50	13	02:24:05	04:32:08	06:14:34	08:09:04	10:16:21	<b>13:01:48.50</b>	<b>13:02:13.25</b>	+05:03:54 (38.9%)	9:32	6.3 (61.2%)
105	<b>PERMUS Agnieszka</b>	<b>846</b>		K40	10	02:13:04	04:16:58	06:14:46	08:16:16	10:22:17	<b>13:05:46.15</b>	<b>13:06:08.95</b>	+05:07:50 (39.2%)	9:34	6.3 (61.2%)
106	<b>TUCZYŃSKI Maciej</b>	<b>799</b>	ACTIVE TEAM BEZBALASTU	M40	37	02:08:58	04:14:43	06:11:22	08:16:22	10:22:19	<b>13:05:46.70</b>	<b>13:06:10.75</b>	+05:07:52 (39.2%)	9:34	6.3 (61.2%)
107	<b>GNIENIEC-CZUBA Róża</b>	<b>849</b>		K40	11	02:07:42	04:06:47	05:59:40	07:57:37	10:08:46	<b>13:07:13.10</b>	<b>13:07:34.80</b>	+05:09:16 (39.3%)	9:36	6.2 (60.2%)
108	<b>CZUBA Paweł</b>	<b>850</b>		M40	38	02:07:48	04:06:52	05:59:38	07:57:42	10:08:49	<b>13:07:13.40</b>	<b>13:07:35.00</b>	+05:09:16 (39.3%)	9:36	6.2 (60.2%)
109	<b>GAWRECKA Beata</b>	<b>767</b>	JUTROSIŃSKI KLUB BIEGACZY	K40	12	02:10:54	04:16:22	06:03:19	08:05:59	10:17:19	<b>13:10:56.10</b>	<b>13:11:05.90</b>	+05:12:47 (39.5%)	9:38	6.2 (60.2%)
110	<b>GRZEŚKOWIAK Zbigniew</b>	<b>769</b>	JUTROSIŃSKI KLUB BIEGACZY	M40	39	02:10:51	04:16:18	06:03:23	08:06:01	10:17:23	<b>13:10:55.95</b>	<b>13:11:06.10</b>	+05:12:47 (39.5%)	9:38	6.2 (60.2%)
111	<b>WARSZYCKI Artur</b>	<b>749</b>	BIEGAJĄCE KREJZOLE	M30	34	02:16:11	04:23:08	06:14:47	08:25:21	10:31:08	<b>13:17:05.85</b>	<b>13:17:21.45</b>	+05:19:02 (40.0%)	9:43	6.2 (60.2%)
112	<b>NIŹEWSKI Paweł</b>	<b>796</b>	KRAKOWIAK ULTRA TEAM	M40	40	02:03:19	04:03:33	05:57:21	08:13:45	10:27:35	<b>13:21:40.65</b>	<b>13:21:56.75</b>	+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	<b>POLAŃSKI Franciszek</b>	<b>832</b>		M40	41	02:03:55	04:15:29	06:12:44	08:07:03	10:18:23	<b>13:26:58.15</b>	<b>13:27:07.95</b>	+05:28:49 (40.7%)	9:50	6.1 (59.2%)
114	<b>MOSTOWSKA Joanna</b>	<b>751</b>	KB KAŹY WROCLAWSKIE	K40	13	02:20:53	04:30:36	06:24:13	08:31:06	10:45:42	<b>13:29:42.95</b>	<b>13:30:08.10</b>	+05:31:49 (41.0%)	9:52	6.1 (59.2%)
115	<b>ZIELIŃSKI Tomasz</b>	<b>724</b>	ULTRA PIOTRKÓW	M50	14	02:18:29	04:27:36	06:21:22	08:23:59	10:32:06	<b>13:32:14.95</b>	<b>13:32:32.45</b>	+05:34:13 (41.1%)	9:54	6.1 (59.2%)
116	<b>TUREK Karolina</b>	<b>703</b>	AKTYWNI RAZEM	K40	14	02:13:07	04:21:48	06:15:22	08:19:09	10:29:32	<b>13:32:26.85</b>	<b>13:32:43.35</b>	+05:34:24 (41.1%)	9:54	6.1 (59.2%)
117	<b>WEYNA Rafał</b>	<b>720</b>		M50	15	02:13:00	04:21:45	06:15:20	08:19:02	10:29:35	<b>13:32:27.60</b>	<b>13:32:44.00</b>	+05:34:25 (41.1%)	9:54	6.1 (59.2%)
118	<b>KÓZKA Przemó</b>	<b>781</b>	WARJOTY Z DZIEWICZEJ GÓRY	M50	16	02:07:53	04:16:07	06:13:54	08:25:13	10:33:07	<b>13:33:01.80</b>	<b>13:33:17.25</b>	+05:34:58 (41.2%)	9:54	6.1 (59.2%)
119	<b>ZIELIŃSKI Robert</b>	<b>730</b>	KS POSNANIA TRIATHLON	M40	42	02:20:16	04:32:06	06:35:19	08:44:58	10:48:58	<b>13:34:29.75</b>	<b>13:34:44.60</b>	+05:36:25 (41.3%)	9:55	6 (58.3%)
120	<b>SUŁEK Aldona</b>	<b>810</b>	ZOELLER TECH	K40	15	02:19:08	04:33:11	06:30:42	08:39:20	10:48:15	<b>13:34:44.00</b>	<b>13:35:04.15</b>	+05:36:45 (41.3%)	9:56	6 (58.3%)
121	<b>SZPYT Andrzej</b>	<b>814</b>		M50	17	02:12:11	04:22:33	06:19:25	08:19:56	10:38:22	<b>13:39:19.50</b>	<b>13:39:40.55</b>	+05:41:21 (41.6%)	9:59	6 (58.3%)
122	<b>GRZELAK Arkadiusz</b>	<b>829</b>		M30	35	02:03:31	04:04:48	06:01:01	08:12:38	10:32:27	<b>13:44:03.80</b>	<b>13:44:22.50</b>	+05:46:03 (42.0%)	10:02	6 (58.3%)
123	<b>WENGERSKI Roman</b>	<b>830</b>	RGB	M40	43	02:04:24	04:07:59	06:09:12	08:11:48	10:33:18	<b>13:46:06.25</b>	<b>13:46:22.35</b>	+05:48:03 (42.1%)	10:04	6 (58.3%)
124	<b>KAWIK Janusz</b>	<b>737</b>		M50	18	02:18:39	04:28:59	06:20:24	08:29:14	10:48:32	<b>13:50:26.50</b>	<b>13:50:38.10</b>	+05:52:19 (42.4%)	10:07	5.9 (57.3%)
125	<b>SOCHANOWSKI Krzysztof</b>	<b>837</b>		M30	36	01:56:53	03:55:09	06:05:25	08:18:32	10:47:14	<b>14:06:48.60</b>	<b>14:06:59.95</b>	+06:08:41 (43.5%)	10:19	5.8 (56.3%)
126	<b>SKOCZYLAS Piotr</b>	<b>782</b>		M40	44	02:11:49	04:22:50	06:21:45	08:37:35	10:56:07	<b>14:09:01.05</b>	<b>14:09:19.35</b>	+06:11:00 (43.7%)	10:21	5.8 (56.3%)
127	<b>TROJANOWSKA Małgorzata</b>	<b>760</b>	TRAIL IS OUR WAY	K30	7	02:27:48	04:39:36	06:49:06	08:55:55	11:20:58	<b>14:10:21.85</b>	<b>14:10:43.30</b>	+06:12:24 (43.8%)	10:22	5.8 (56.3%)
128	<b>DROŃ Jakub</b>	<b>857</b>		M40	45	02:18:14	04:34:10	06:40:06	08:53:59	11:21:01	<b>14:28:28.60</b>	<b>14:28:52.50</b>	+06:30:33 (45.0%)	10:35	5.7 (55.3%)
129	<b>KOSTYK Grzegorz</b>	<b>753</b>		M40	46	02:13:39	04:21:34	06:16:08	08:27:57	11:20:18	<b>14:32:29.60</b>	<b>14:32:45.15</b>	+06:34:26 (45.2%)	10:38	5.6 (54.4%)
130	<b>DOMAGAŁA Andrzej</b>	<b>856</b>		M50	19	02:12:49	04:31:34	06:26:13	08:40:38	10:58:46	<b>14:32:54.15</b>	<b>14:33:06.55</b>	+06:34:47 (45.2%)	10:38	5.6 (54.4%)
131	<b>BUJAK Łukasz</b>	<b>816</b>	#BIEGAMBOMAMZONE	M30	37	02:19:58	04:34:52	06:38:11	08:55:15	11:22:24	<b>14:35:19.80</b>	<b>14:35:44.75</b>	+06:37:26 (45.4%)	10:40	5.6 (54.4%)
132	<b>MACKIEWICZ Dorota</b>	<b>806</b>		K50	2	02:19:28	04:35:39	06:45:12	08:53:52	11:17:48	<b>14:42:37.45</b>	<b>14:42:58.75</b>	+06:44:40 (45.8%)	10:45	5.6 (54.4%)
133	<b>GAN Arkadiusz</b>	<b>792</b>		M40	47	02:08:39	04:16:06	06:33:20	08:37:11	10:59:27	<b>14:53:26.95</b>	<b>14:53:45.30</b>	+06:55:26 (46.5%)	10:53	5.5 (53.4%)
134	<b>KOCIEMBA Adrianna</b>	<b>723</b>	NIE MA.	K40	16	02:20:02	04:36:41	06:43:45	08:52:39	11:38:19	<b>14:53:41.40</b>	<b>14:53:50.25</b>	+06:55:31 (46.5%)	10:53	5.5 (53.4%)
135	<b>WASIAK Grzegorz</b>	<b>851</b>	WWW.BIEGAM-I-MYSLE.PL	M50	20	02:27:20	04:43:27	06:40:14	08:53:42	11:38:00	<b>14:53:29.60</b>	<b>14:53:53.00</b>	+06:55:34 (46.5%)	10:53	5.5 (53.4%)
136	<b>VELKOV Velizar</b>	<b>768</b>		M30	38	02:13:49	04:34:41	06:42:42	08:54:39	11:38:17	<b>14:56:49.60</b>	<b>14:57:07.20</b>	+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					
	<b>CHMIELEWSKI Adrian</b>	<b>826</b>		M30		02:05:18 DNF	04:07:54 DNF	06:01:08 DNF	08:27:31 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>HAŃCZAK Piotr</b>	<b>715</b>	STRZESZYN BIEGA	M40		02:15:10 DNF	04:28:52 DNF	06:38:15 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>GAWLAS Przemysław</b>	<b>853</b>		M50		02:14:04 DNF	04:31:39 DNF	06:46:08 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JUDA Jarosław</b>	<b>733</b>		M50		02:18:34 DNF	04:52:06 DNF	06:51:04 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SADOWSKI Krzysztof</b>	<b>752</b>		M20		01:39:02 DNF	03:43:56 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZIONTKOWSKI Filip</b>	<b>712</b>		M30		01:48:43 DNF	03:50:37 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIECZOREK Monika</b>	<b>707</b>	KILOMETRY POMOCY	K40		02:25:18 DNF	05:05:40 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ŻAK Adam</b>	<b>852</b>		M40		01:41:32 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 144 wynik(ów)