

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

Klasyfikacja: OPEN

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	MASIAREK Maciej	689		M20	1	01:14:20	01:49:57	02:04:42	03:24:47	04:28:30	04:42:15	05:57:35	07:15:32.45	07:15:35.45		5:30	10.9 (100%)
2	MAŁEK Tomasz	649		M30	1	01:17:54	01:54:42	02:21:52	03:37:42	04:49:47	05:07:03	06:36:11	08:12:40.70	08:12:44.00	+00:57:08 (11.6%)	6:14	9.6 (88.1%)
3	CHWEDCZUK Robert	715	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	08:29:23.00	08:29:26.05	+01:13:50 (14.5%)	6:26	9.3 (85.3%)
4	KACZMARCZYK Łukasz	655	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	08:29:32.60	08:29:36.85	+01:14:01 (14.5%)	6:26	9.3 (85.3%)
5	BERNAT Katarzyna	704		K50	1	01:27:49	02:10:59	02:41:34	04:04:02	05:21:48	05:36:34	07:09:24	08:35:09.70	08:35:13.60	+01:19:38 (15.5%)	6:31	9.2 (84.4%)
6	KURNYTA Michał	627		M30	4	01:33:01	02:17:14	02:48:19	04:13:56	05:39:31	05:50:09	07:19:48	08:44:04.70	08:44:07.55	+01:28:32 (16.9%)	6:38	9 (82.6%)
7	BANAŚ Radosław	668	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	08:45:14.80	08:45:25.30	+01:29:49 (17.1%)	6:38	9 (82.6%)
8	PALIWODA Sławek	679	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	08:47:56.00	08:48:00.35	+01:32:24 (17.5%)	6:40	9 (82.6%)
9	KSIĄŻEK Sebastian	648	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	08:50:14.75	08:50:20.45	+01:34:45 (17.9%)	6:42	8.9 (81.7%)
10	BŁĄDEK Sławomir	673		M30	6	01:26:30	02:10:01	02:41:15	04:08:38	05:30:56	05:47:20	07:25:41	08:58:41.60	08:58:45.50	+01:43:10 (19.1%)	6:49	8.8 (80.7%)
11	WOŁCZYK Maciej	676		M30	7	01:20:55	02:04:00	02:35:02	04:13:15	05:44:34	05:58:56	07:32:36	09:05:48.65	09:05:50.90	+01:50:15 (20.2%)	6:54	8.7 (79.8%)
12	ZAJĄC Leszek	601	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	09:14:11.35	09:14:14.20	+01:58:38 (21.4%)	7:00	8.6 (78.9%)
13	PIWOWARCZYK Wojciech	724	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	09:18:54.35	09:18:57.00	+02:03:21 (22.1%)	7:04	8.5 (78.0%)
14	MIECHUR Bogumił	705		M40	4	01:33:09	02:19:37	02:50:20	04:20:46	05:49:37	06:08:01	07:51:47	09:27:51.25	09:27:56.60	+02:12:21 (23.3%)	7:11	8.3 (76.1%)
15	HOŁOWNIA Tomasz	701	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	09:28:10.05	09:28:20.75	+02:12:45 (23.4%)	7:11	8.3 (76.1%)
16	KOPCZYŃSKI Paweł	719		M40	6	01:38:49	02:29:18	03:02:19	04:37:12	06:08:19	06:22:25	08:00:31	09:35:07.50	09:35:26.85	+02:19:51 (24.3%)	7:16	8.2 (75.2%)
17	GRZYBOWSKA Karolina	618	GRANDAUTO	K40	1	01:36:28	02:25:20	02:59:40	04:36:12	06:07:23	06:19:28	07:58:05	09:45:20.95	09:45:29.00	+02:29:53 (25.6%)	7:24	8.1 (74.3%)
18	TYLIŃSKI Arkadiusz	706	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	09:52:04.30	09:52:07.45	+02:36:32 (26.4%)	7:29	8 (73.4%)
19	HETMAN Łukasz	654		M40	7	01:30:59	02:16:28	02:48:41	04:21:58	05:56:10	06:16:14	08:08:48	09:52:17.10	09:52:26.85	+02:36:51 (26.5%)	7:29	8 (73.4%)
20	MIERZWA Sławomir	729		M40	8	01:36:01	02:20:25	02:53:33	04:29:50	06:07:58	06:30:52	08:17:08	09:55:20.90	09:55:36.10	+02:40:00 (26.9%)	7:32	8 (73.4%)

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

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	Czarowniec 51km	Górzyniec 54km	Kopalnia 65km					
49	KOZAKIEWICZ Tomek	652	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	10:59:19.90	10:59:24.95	+03:43:49 (33.9%)	8:20	7.2 (66.1%)
50	SZELIGA Jacek	634		M40	22	01:45:35	02:38:52	03:15:29	05:00:28	06:45:31	07:09:57	09:05:28	11:00:30.15	11:00:37.40	+03:45:01 (34.1%)	8:21	7.2 (66.1%)
51	SKORUPIŃSKA Katarzyna	626	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	11:07:10.45	11:07:14.40	+03:51:38 (34.7%)	8:26	7.1 (65.1%)
52	CYRANOWICZ Szymon	656	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	11:07:45.40	11:07:55.65	+03:52:20 (34.8%)	8:27	7.1 (65.1%)
53	SIKORSKI Dariusz	694	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	11:08:59.00	11:09:13.45	+03:53:38 (34.9%)	8:28	7.1 (65.1%)
54	CAPUTA Wojciech	750		M40	24	01:33:01	02:20:38	02:55:50	04:42:50	06:40:51	07:01:36	09:13:12	11:09:13.85	11:09:18.65	+03:53:43 (34.9%)	8:28	7.1 (65.1%)
55	ROŹNIATA Iwona	714		K40	5	01:46:15	02:42:17	03:22:02	05:12:24	06:53:14	07:14:37	09:09:54	11:09:15.20	11:09:23.55	+03:53:48 (34.9%)	8:28	7.1 (65.1%)
56	BURZYŃSKA Ewelina	639	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	11:11:06.70	11:11:11.60	+03:55:36 (35.1%)	8:29	7.1 (65.1%)
57	LISOWSKI Grzegorz	688		M40	25	01:37:10	02:30:10	03:08:03	05:02:46	06:45:21	07:09:48	09:10:38	11:11:10.70	11:11:13.05	+03:55:37 (35.1%)	8:29	7.1 (65.1%)
58	ANTOSIAK Tomasz	685	FUNTRI	M40	26	01:44:24	02:36:53	03:13:58	05:04:05	06:52:45	07:14:02	09:12:43	11:14:37.80	11:14:46.45	+03:59:11 (35.4%)	8:32	7 (64.2%)
59	ŁUGOWSKI Marek	733	UTM170	M40	27	01:47:13	02:42:16	03:21:14	05:12:46	06:58:44	07:20:48	09:18:36	11:20:03.65	11:20:15.20	+04:04:39 (36.0%)	8:36	7 (64.2%)
60	WIERUSZEWSKI Mateusz	680	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	11:22:56.80	11:23:12.80	+04:07:37 (36.2%)	8:38	6.9 (63.3%)
61	GAWLAS Przemysław	734		M50	3	01:46:34	02:42:25	03:21:04	05:19:37	07:08:34	07:29:56	09:30:31	11:27:42.70	11:27:49.30	+04:12:13 (36.7%)	8:42	6.9 (63.3%)
62	MADEJ Anna	681	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	11:30:36.80	11:30:47.10	+04:15:11 (36.9%)	8:44	6.9 (63.3%)
63	OSICA Łukasz	690		M30	16	01:50:17	02:41:31	03:20:34	05:07:59	06:53:36	07:15:37	09:18:42	11:30:37.70	11:30:48.20	+04:15:12 (36.9%)	8:44	6.9 (63.3%)
64	MENDYK Maciej	640		M40	29	01:47:04	02:45:04	03:24:45	05:21:18	07:09:44	07:31:53	09:36:43	11:32:42.10	11:32:52.00	+04:17:16 (37.1%)	8:46	6.8 (62.4%)
65	ŚWIEŻAWSKA-AMBROZIAK Katarzyna	718	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	11:34:00.70	11:34:06.75	+04:18:31 (37.2%)	8:47	6.8 (62.4%)
66	MAREK Jacek	686		M40	30	01:48:11	02:48:00	03:28:04	05:21:33	07:04:31	07:30:29	09:36:49	11:35:49.20	11:36:00.40	+04:20:24 (37.4%)	8:48	6.8 (62.4%)
67	JAKŚ Mariusz	615	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	11:39:36.60	11:39:47.80	+04:24:12 (37.8%)	8:51	6.8 (62.4%)
68	ŚWIERK Piotr	698	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	11:40:28.00	11:40:35.00	+04:24:59 (37.8%)	8:52	6.8 (62.4%)
69	KOPACZ Mirosław	717		M60	1	01:46:45	02:44:15	03:23:18	05:18:57	07:06:53	07:31:18	09:31:49	11:40:31.20	11:40:46.00	+04:25:10 (37.8%)	8:52	6.8 (62.4%)
70	NALEWAJKO Jacek	608	#BIEGAJLESZNO	M40	32	01:49:51	02:48:34	03:28:22	05:22:45	07:08:37	07:31:48	09:36:40	11:43:12.00	11:43:22.00	+04:27:46 (38.1%)	8:54	6.7 (61.5%)
71	BURA Krystian	667	#BIEGAJLESZNO	M30	18	01:39:53	02:35:40	03:18:26	05:17:08	07:15:44	07:35:35	09:42:36	11:44:07.90	11:44:17.25	+04:28:41 (38.2%)	8:54	6.7 (61.5%)
72	KUCHMECKI Maciej	712		M30	19	01:55:04	02:54:08	03:32:36	05:33:30	07:30:19	07:52:32	09:47:32	11:44:57.35	11:45:09.75	+04:29:34 (38.2%)	8:55	6.7 (61.5%)
73	GRAB Jerzy	628		M20	5	01:47:06	02:41:44	03:18:19	05:06:53	06:56:04	07:23:12	09:20:19	11:49:04.20	11:49:18.65	+04:33:43 (38.6%)	8:58	6.7 (61.5%)
74	BIAŁECKI Zbyszek	614	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	11:53:46.20	11:53:51.55	+04:38:16 (39.0%)	9:02	6.6 (60.6%)
75	CIEŚLA Patryk	675	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	11:57:20.05	11:57:28.40	+04:41:52 (39.3%)	9:04	6.6 (60.6%)
76	JEŻEWSKI Arkadiusz	674	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	11:57:31.70	11:57:40.65	+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	OLIŃSKI Paweł	647		M30	21	01:43:04	02:39:15	03:18:32	05:14:54	07:07:59	07:33:34	09:48:10	11:59:53.30	12:00:00.55	+04:44:25 (39.5%)	9:06	6.6 (60.6%)
78	HACUŚ Jacek	610		M30	22	01:48:12	02:46:25	03:27:45	05:30:25	07:25:52	07:47:38	09:55:07	11:59:55.65	12:00:01.35	+04:44:25 (39.5%)	9:06	6.6 (60.6%)
79	GRZESZCZUK Wojciech	678		M60	2	01:54:57	02:54:00	03:32:09	05:27:31	07:14:45	07:42:57	09:44:36	12:11:15.35	12:11:28.45	+04:55:53 (40.5%)	9:15	6.5 (59.6%)
80	WOJCIESZYŃSKI Tomasz	732	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	12:21:55.10	12:21:59.65	+05:06:24 (41.3%)	9:23	6.4 (58.7%)
81	KALISZEWICZ Piotr	642	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	12:22:02.40	12:22:13.80	+05:06:38 (41.3%)	9:23	6.4 (58.7%)
82	PÓŁGĘSEK Bartosz	604	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	12:26:37.15	12:26:49.90	+05:11:14 (41.7%)	9:27	6.3 (57.8%)
83	KLEJSZTA Grzegorz	684	#CZELADZBIEGA	M40	36	01:59:34	03:02:47	03:45:11	05:46:17	07:32:40	07:54:36	10:08:38	12:26:37.60	12:26:49.95	+05:11:14 (41.7%)	9:27	6.3 (57.8%)
84	KUROWSKI Aleksander	613		M40	37	01:49:39	02:48:35	03:29:13	05:27:44	07:20:39	07:42:49	10:02:21	12:27:43.00	12:27:49.80	+05:12:14 (41.8%)	9:27	6.3 (57.8%)
85	WOJTAL Marcin	708	#BIEGAJLESZNO	M40	38	01:44:37	02:42:10	03:24:51	05:27:28	07:24:41	07:51:33	10:07:45	12:29:36.00	12:29:45.25	+05:14:09 (41.9%)	9:29	6.3 (57.8%)
86	HANSZ Donat	664	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	12:33:59.25	12:34:08.90	+05:18:33 (42.2%)	9:32	6.3 (57.8%)
87	NIEDŹWIECKI Paweł	629	PODIUM	M40	39	01:47:56	02:39:27	03:25:21	05:25:34	07:18:15	07:44:33	10:06:22	12:34:10.00	12:34:23.25	+05:18:47 (42.3%)	9:32	6.3 (57.8%)
88	WRÓBEL Kamil	663		M20	7	01:38:08	02:27:19	03:03:22	05:14:39	07:17:04	07:42:11	09:57:50	12:41:26.90	12:41:39.95	+05:26:04 (42.8%)	9:38	6.2 (56.9%)
89	MAJKA Dariusz	662	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	12:41:34.60	12:41:40.30	+05:26:04 (42.8%)	9:38	6.2 (56.9%)
90	KUPIEC Maciej	691		M40	41	01:50:41	02:55:03	03:40:02	06:01:37	07:58:19	08:22:50	10:23:38	12:44:51.45	12:45:00.30	+05:29:24 (43.1%)	9:40	6.2 (56.9%)
91	ADAMSKI Tomasz	636		M40	42	02:01:49	03:03:11	03:46:21	05:53:40	07:48:11	08:14:29	10:29:29	12:53:43.15	12:53:58.90	+05:38:23 (43.7%)	9:47	6.1 (56.0%)
92	GOSPODAREK Łukasz	611	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	13:19:06.20	13:19:12.80	+06:03:37 (45.5%)	10:06	5.9 (54.1%)
93	SADEL Krzysztof	682		M50	5	01:58:21	02:58:16	03:44:06	05:54:00	07:58:24	08:25:28	10:35:16	13:19:08.85	13:19:16.30	+06:03:40 (45.5%)	10:06	5.9 (54.1%)
94	MACKIEWICZ Dorota	730		K40	9	01:59:55	03:00:27	03:47:39	05:58:02	07:59:21	08:27:42	10:37:12	13:26:21.60	13:26:31.30	+06:10:55 (46.0%)	10:12	5.9 (54.1%)
95	CYGAN Anna	731	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	13:26:18.35	13:26:32.25	+06:10:56 (46.0%)	10:12	5.9 (54.1%)
96	GNIEWEK Dariusz	677	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	13:27:12.35	13:27:18.65	+06:11:43 (46.0%)	10:13	5.9 (54.1%)
97	CHEŁEK Tomasz	671	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	13:27:02.15	13:27:19.20	+06:11:43 (46.0%)	10:12	5.9 (54.1%)
98	MARCINIAK Maciej	726	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	13:33:43.85	13:33:54.40	+06:18:18 (46.5%)	10:18	5.8 (53.2%)
99	TOMCZYK Alina	641		K40	10	01:48:31	02:50:41	03:36:28	05:49:32	07:52:46	08:18:02	10:47:06	13:42:24.00	13:42:32.40	+06:26:56 (47.0%)	10:24	5.8 (53.2%)
100	MARKOWSKI Piotr	645	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	13:42:24.80	13:42:32.85	+06:26:57 (47.0%)	10:24	5.8 (53.2%)
101	ZASADA Iwona	607	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	13:59:13.00	13:59:27.85	+06:43:52 (48.1%)	10:37	5.6 (51.4%)
102	STANISŁAWEK Tomasz	637		M40	47	02:02:34	03:03:12	03:46:42	05:59:07	08:06:36	08:32:03	10:59:16	13:59:11.95	13:59:28.00	+06:43:52 (48.1%)	10:37	5.6 (51.4%)
103	JAKUBIAK Magdalena	606	ZGZB	K40	12	01:59:53	03:04:46	03:46:40	05:59:38	08:06:15	08:31:51	10:59:04	13:59:56.15	14:00:11.00	+06:44:35 (48.2%)	10:37	5.6 (51.4%)
104	WOJCIECHOWSKI Michał	657		M40	48	02:02:21	03:15:03	03:58:41	06:26:04	08:27:43	08:52:42	11:19:15	14:07:31.20	14:07:36.25	+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	14:24:29.55	14:24:41.70	+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	14:24:31.90	14:24:42.30	+07:09:06 (49.6%)	10:56	5.5 (50.5%)			
Przekroczony limit czasu: 15:00:00																				
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	17:14:33.65	17:14:50.40		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	DNF	DNF		-	- (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	DNF	DNF		-	- (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	DNF	DNF		-	- (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	DNF	DNF		-	- (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	DNF	DNF		-	- (0.0%)			
	GWOŹDZIEWICZ Tomasz	721		M40		01:48:52 DNF	03:00:11 DNF	03:48:30 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)			

Znaleziono 117 wynik(ów)