



# ŻWAWĘ WIERCHY - 34 KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** PIENINY ULTRA-TRAIL®  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2023-04-22  
**Miejsce:** Szczawnica  
**Dystans:** 33.8 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
1	<b>MAREK Dariusz</b>	<b>1001</b>		M30	1	01:20:46	02:17:46	02:21:47	02:49:34	<b>02:51:09.50</b>	<b>02:51:11.10</b>		5:03	11.8 (100%)
2	<b>HARRIS Douglas</b>	<b>1196</b>	TRUDA BOYS 91	M30	2	01:24:59	02:23:05	02:27:10	02:55:04	<b>02:56:28.50</b>	<b>02:56:29.85</b>	+00:05:18 (3.0%)	5:13	11.5 (97.5%)
3	<b>JURA Rafał</b>	<b>2161</b>	KMP KRAKÓW	M30	3	01:26:30	02:24:35	02:28:25	02:56:48	<b>02:58:20.35</b>	<b>02:58:22.20</b>	+00:07:11 (4.0%)	5:16	11.4 (96.6%)
4	<b>DUDZIK Łukasz</b>	<b>2538</b>	GÓRAL BIEGA	M30	4	01:28:55	02:29:22	02:33:14	03:00:53	<b>03:02:21.95</b>	<b>03:02:24.80</b>	+00:11:13 (6.2%)	5:23	11.1 (94.1%)
5	<b>GRUND Marek</b>	<b>1377</b>	MAFIA TEAM LUBLINIEC	M30	5	01:28:47	02:30:36	02:35:00	03:06:55	<b>03:08:19.20</b>	<b>03:08:20.50</b>	+00:17:09 (9.1%)	5:34	10.8 (91.5%)
6	<b>FLOREK Sebastian</b>	<b>1341</b>	PRZEHYBA TRAIL	M30	6	01:29:37	02:34:49	02:39:24	03:10:35	<b>03:12:20.60</b>	<b>03:12:23.50</b>	+00:21:12 (11.0%)	5:41	10.5 (89.0%)
7	<b>PIĄTEK Mateusz</b>	<b>1158</b>	RMT TEAM	M30	7	01:33:49	02:37:23	02:41:54	03:12:20	<b>03:13:55.95</b>	<b>03:13:58.45</b>	+00:22:47 (11.7%)	5:44	10.5 (89.0%)
8	<b>DYBIŻBAŃSKI Wojciech</b>	<b>1011</b>	T&D TEAM	M30	8	01:33:49	02:36:45	02:41:22	03:13:08	<b>03:14:50.40</b>	<b>03:14:56.75</b>	+00:23:45 (12.2%)	5:45	10.4 (88.1%)
9	<b>SZAFRANEK Paweł</b>	<b>1396</b>	STAŃCZAK TEAM	M30	9	01:32:38	02:36:38	02:41:24	03:14:28	<b>03:16:25.40</b>	<b>03:16:30.10</b>	+00:25:19 (12.9%)	5:48	10.3 (87.3%)
10	<b>PIĘKNIK Patryk</b>	<b>1406</b>	TRAIL IS OUR WAY	M30	10	01:32:47	02:37:01	02:41:18	03:14:57	<b>03:16:39.25</b>	<b>03:16:41.55</b>	+00:25:30 (13.0%)	5:49	10.3 (87.3%)
11	<b>KOPCEWICZ Tomasz</b>	<b>2537</b>		M30	11	01:35:24	02:43:02	02:47:36	03:18:40	<b>03:20:09.90</b>	<b>03:20:13.30</b>	+00:29:02 (14.5%)	5:55	10.1 (85.6%)
12	<b>SKOTNICZNY Michał</b>	<b>1322</b>		M30	12	01:34:17	02:42:02	02:46:51	03:19:44	<b>03:21:23.50</b>	<b>03:21:31.50</b>	+00:30:20 (15.1%)	5:57	10.1 (85.6%)
13	<b>ZIECINA Mateusz</b>	<b>1048</b>		M30	13	01:33:54	02:41:36	02:46:49	03:21:09	<b>03:22:44.50</b>	<b>03:22:49.05</b>	+00:31:37 (15.6%)	5:59	10 (84.7%)
14	<b>ŁASKI Tomasz</b>	<b>1131</b>	PTASIERADIOBRZOZÓW	M30	14	01:34:06	02:41:40	02:46:29	03:21:54	<b>03:23:49.75</b>	<b>03:23:54.10</b>	+00:32:43 (16.0%)	6:01	10 (84.7%)
15	<b>ŁOZA Mateusz</b>	<b>1450</b>	ZWIEDZANIE PRZEZ BIEGANIE	M30	15	01:33:55	02:44:09	02:49:05		<b>03:27:46.10</b>	<b>03:27:50.65</b>	+00:36:39 (17.6%)	6:08	9.8 (83.1%)
16	<b>HAJTO Dominik</b>	<b>1385</b>	STAŃCZAK TEAM	M30	16	01:39:49	02:49:05	02:53:43	03:27:50	<b>03:29:33.95</b>	<b>03:29:38.80</b>	+00:38:27 (18.3%)	6:11	9.7 (82.2%)
17	<b>WOJCIECHOWSKI Mateusz</b>	<b>1117</b>	KTÓRĘDY NAD MORSKIE OKO?	M30	17	01:38:12	02:48:07	02:53:27	03:28:57	<b>03:30:44.40</b>	<b>03:30:47.70</b>	+00:39:36 (18.8%)	6:14	9.6 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
18	<b>ANDREYEUSKI Pavel</b>	<b>1261</b>	ADIDAS RUNNERS WARSAW	M30	18	01:40:07	02:51:12	02:55:50	03:29:51	<b>03:31:23.65</b>	<b>03:31:26.10</b>	+00:40:15 (19.0%)	6:15	9.6 (81.4%)
19	<b>TITTENBRUN Aleksander</b>	<b>1326</b>	NIEZŁA KORBA	M30	19	01:46:27	02:54:23	02:59:00	03:30:11	<b>03:31:47.30</b>	<b>03:31:52.90</b>	+00:40:41 (19.2%)	6:15	9.6 (81.4%)
20	<b>TESLUK Kuba</b>	<b>1328</b>		M30	20	01:27:07	02:45:58	02:51:26	03:35:41	<b>03:37:31.00</b>	<b>03:37:32.85</b>	+00:46:21 (21.3%)	6:26	9.3 (78.8%)
21	<b>CYTAWA Adrian</b>	<b>1130</b>	FIZJO - SPORT ŁĘCZNA 19 CHEŁMSKI BATALION ZMECHANIZOWANY	M30	21	01:39:05	02:53:49	02:58:31	03:35:46	<b>03:37:30.20</b>	<b>03:37:36.75</b>	+00:46:25 (21.3%)	6:26	9.3 (78.8%)
22	<b>WRÓBLEWSKI Adrian</b>	<b>1014</b>	ZGRUPKA PROMOBIL TEAM	M30	22	01:43:23	02:58:18	03:03:15	03:37:47	<b>03:39:23.20</b>	<b>03:39:27.00</b>	+00:48:15 (22.0%)	6:29	9.2 (78.0%)
23	<b>SZLUFIK Bartłomiej</b>	<b>1400</b>	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M30	23	01:40:53	02:58:02	03:02:55	03:38:29	<b>03:40:06.85</b>	<b>03:40:08.40</b>	+00:48:57 (22.2%)	6:30	9.2 (78.0%)
24	<b>RYBARCZYK Kamil</b>	<b>1186</b>	MARMUROWE DZIKI	M30	24	01:43:29	03:01:12	03:06:08	03:40:21	<b>03:41:54.20</b>	<b>03:42:07.05</b>	+00:50:55 (22.9%)	6:33	9.1 (77.1%)
25	<b>BARTKOWIAK Michał</b>	<b>1069</b>	TABATA&DRINKTEAM	M30	25	01:40:50	02:54:40	02:59:41	03:40:39	<b>03:42:57.40</b>	<b>03:43:03.75</b>	+00:51:52 (23.3%)	6:35	9.1 (77.1%)
26	<b>ŁUCKA Artur</b>	<b>1278</b>		M30	26	01:45:08	03:02:30	03:07:16	03:42:11	<b>03:43:46.95</b>	<b>03:43:57.30</b>	+00:52:46 (23.6%)	6:37	9.1 (77.1%)
27	<b>WILK Dawid</b>	<b>1111</b>	RESHAPE RUNNERS	M30	27	01:39:54	03:01:34	03:07:24	03:42:41	<b>03:44:22.35</b>	<b>03:44:24.05</b>	+00:53:12 (23.7%)	6:38	9 (76.3%)
28	<b>KLUZ Marcin</b>	<b>1140</b>	PRO-RUN WROCŁAW	M30	28	01:45:35	03:01:50	03:07:15	03:42:40	<b>03:44:15.85</b>	<b>03:44:32.00</b>	+00:53:20 (23.8%)	6:38	9 (76.3%)
29	<b>PĘKALA Arkadiusz</b>	<b>1276</b>		M30	29	01:43:11	02:59:08	03:04:26	03:43:34	<b>03:45:34.40</b>	<b>03:45:41.90</b>	+00:54:30 (24.2%)	6:40	9 (76.3%)
30	<b>BRASSE Krystian</b>	<b>1273</b>		M30	30	01:48:04	03:03:42	03:08:57	03:46:41	<b>03:48:30.15</b>	<b>03:48:41.50</b>	+00:57:30 (25.1%)	6:45	8.9 (75.4%)
31	<b>ZAJĄC Stefan</b>	<b>1405</b>		M30	31	01:42:11	02:59:47	03:05:16	03:47:20	<b>03:49:08.65</b>	<b>03:49:12.15</b>	+00:58:01 (25.3%)	6:46	8.9 (75.4%)
32	<b>GOLA Daniel</b>	<b>1263</b>		M30	32	01:46:31	03:03:36	03:08:23	03:47:21	<b>03:49:18.60</b>	<b>03:49:29.30</b>	+00:58:18 (25.4%)	6:47	8.8 (74.6%)
33	<b>BRZUSZKIEWICZ Michał</b>	<b>1199</b>	DREAM RUN	M30	33	01:46:34	03:05:32	03:11:23	03:50:20	<b>03:51:59.05</b>	<b>03:52:08.80</b>	+01:00:57 (26.3%)	6:51	8.7 (73.7%)
34	<b>WINTER Piotr</b>	<b>1361</b>	NIGHT RUNNERS	M30	34	01:49:22	03:07:44	03:13:24	03:52:20	<b>03:54:20.05</b>	<b>03:54:27.05</b>	+01:03:15 (27.0%)	6:55	8.7 (73.7%)
35	<b>BIENIAS Łukasz</b>	<b>1309</b>	BLACKHATULTRA	M30	35	01:45:05	03:07:40	03:13:05	03:53:41	<b>03:55:30.75</b>	<b>03:55:44.95</b>	+01:04:33 (27.4%)	6:58	8.6 (72.9%)
36	<b>STACHOŃ Radosław</b>	<b>1291</b>	RUN 4 FUN	M30	36	01:47:12	03:08:26	03:14:32	03:55:24	<b>03:57:23.05</b>	<b>03:57:31.35</b>	+01:06:20 (27.9%)	7:01	8.5 (72.0%)
37	<b>JACHYMSKI Krzysztof</b>	<b>1414</b>	VEGE RUNNERS	M30	37	01:47:19	03:09:05	03:14:02	03:55:33	<b>03:57:43.20</b>	<b>03:57:54.85</b>	+01:06:43 (28.0%)	7:01	8.5 (72.0%)
38	<b>BŁASZCZAK Marek</b>	<b>1099</b>	MOCNA GRUPA CEZARA	M30	38	01:50:40	03:12:15	03:17:31	03:59:47	<b>04:01:34.10</b>	<b>04:01:44.35</b>	+01:10:33 (29.2%)	7:08	8.4 (71.2%)
39	<b>WOŹNIAK Sebastian</b>	<b>1015</b>	INKA TEAM	M30	39	01:48:14	03:11:01	03:17:54	04:01:16	<b>04:03:20.20</b>	<b>04:03:27.05</b>	+01:12:15 (29.7%)	7:11	8.3 (70.3%)
40	<b>KOZŁOWSKI Jerzy</b>	<b>1281</b>		M30	40	01:53:40	03:16:07	03:22:35	04:02:26	<b>04:04:09.10</b>	<b>04:04:15.95</b>	+01:13:04 (29.9%)	7:13	8.3 (70.3%)
41	<b>NIEMCZYK Dominik</b>	<b>1019</b>	EUROCLEAR RUNNING TEAM	M30	41	01:58:20	03:20:03	03:25:59	04:04:37	<b>04:06:11.05</b>	<b>04:06:19.40</b>	+01:15:08 (30.5%)	7:17	8.2 (69.5%)
42	<b>PROCHNO Piotr</b>	<b>1269</b>	TRAIL IS OUR WAY	M30	42	01:51:50	03:17:26	03:23:12	04:04:03	<b>04:06:15.05</b>	<b>04:06:33.35</b>	+01:15:22 (30.6%)	7:17	8.2 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
43	<b>GRUSZCZYŃSKI Stanisław</b>	<b>1327</b>		M30	43	01:54:55	03:19:54	03:24:58	04:05:38	<b>04:07:22.40</b>	<b>04:07:44.40</b>	+01:16:33 (30.9%)	7:19	8.2 (69.5%)
44	<b>GARLICKI Marek</b>	<b>1173</b>	STG WARSZAWA	M30	44	01:54:06	03:19:34	03:25:44	04:06:06	<b>04:07:52.35</b>	<b>04:07:52.35</b>	+01:16:41 (30.9%)	7:20	8.2 (69.5%)
45	<b>STĘSIK Tomasz</b>	<b>1262</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	M30	45	01:59:26	03:19:52	03:25:46	04:05:54	<b>04:08:10.65</b>	<b>04:08:26.70</b>	+01:17:15 (31.1%)	7:20	8.2 (69.5%)
46	<b>KUCIAK Bartosz</b>	<b>1100</b>		M30	46	01:56:02	03:22:52	03:28:23	04:07:09	<b>04:08:57.50</b>	<b>04:08:57.50</b>	+01:17:46 (31.2%)	7:21	8.1 (68.6%)
47	<b>STANISŁAWSKI Michał</b>	<b>1121</b>	UKS FREE SPORTS BIELSKO-BIAŁA	M30	47	01:58:19	03:20:47	03:26:21	04:07:28	<b>04:08:56.25</b>	<b>04:09:06.50</b>	+01:17:55 (31.3%)	7:21	8.1 (68.6%)
48	<b>RAKOCZY Krzysztof</b>	<b>1225</b>		M30	48	01:57:06	03:18:21	03:23:52	04:08:11	<b>04:10:19.55</b>	<b>04:10:49.45</b>	+01:19:38 (31.8%)	7:24	8.1 (68.6%)
49	<b>KRAJEWSKI Marcin</b>	<b>1185</b>		M30	49	01:59:51	03:24:29	03:30:17	04:09:44	<b>04:11:34.30</b>	<b>04:11:39.35</b>	+01:20:28 (32.0%)	7:26	8.1 (68.6%)
50	<b>BUŁAWKA Łukasz</b>	<b>1313</b>	KW KRAKÓW	M30	50	01:50:51	03:19:27	03:26:02	04:09:30	<b>04:11:27.65</b>	<b>04:11:51.60</b>	+01:20:40 (32.0%)	7:26	8.1 (68.6%)
51	<b>GIŁOWSKI Kamil</b>	<b>1122</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M30	51	01:58:30	03:24:23	03:29:56	04:12:26	<b>04:14:07.25</b>	<b>04:14:18.10</b>	+01:23:07 (32.7%)	7:31	8 (67.8%)
52	<b>MOTYKA Jakub</b>	<b>1353</b>	THE HOE COMPANY	M30	52	02:00:17	03:25:30	03:31:34	04:14:52	<b>04:16:41.45</b>	<b>04:17:18.10</b>	+01:26:07 (33.5%)	7:35	7.9 (66.9%)
53	<b>GAJEWSKI Marek</b>	<b>1439</b>		M30	53	01:57:43	03:25:44	03:32:18	04:16:24	<b>04:18:09.15</b>	<b>04:18:19.20</b>	+01:27:08 (33.7%)	7:38	7.9 (66.9%)
54	<b>TOKARCZYK Tomasz</b>	<b>1097</b>	NONE	M30	54	01:58:11	03:29:35	03:35:36	04:17:29	<b>04:19:14.95</b>	<b>04:19:48.95</b>	+01:28:37 (34.1%)	7:40	7.8 (66.1%)
55	<b>ŁAŻEŃSKI Łukasz</b>	<b>1346</b>		M30	55	01:59:09	03:28:39	03:34:41	04:18:06	<b>04:20:14.85</b>	<b>04:20:19.10</b>	+01:29:08 (34.2%)	7:41	7.8 (66.1%)
56	<b>HRAPKOWICZ Marek</b>	<b>1441</b>	CZANIECKIE MAKARONY	M30	56	02:03:01	03:31:32	03:37:36	04:18:36	<b>04:20:39.15</b>	<b>04:20:51.35</b>	+01:29:40 (34.4%)	7:42	7.8 (66.1%)
57	<b>PIĄTKIEWICZ Łukasz</b>	<b>1193</b>	MARCINŚWIERCTEAM	M30	57	01:59:39	03:27:58	03:34:11	04:20:32	<b>04:22:43.05</b>	<b>04:23:20.00</b>	+01:32:08 (35.0%)	7:46	7.7 (65.3%)
58	<b>DOŁĘGA-KOZIEROWSKI Jan</b>	<b>1222</b>		M30	58	01:59:05	03:29:39	03:35:18	04:21:40	<b>04:23:43.10</b>	<b>04:23:52.00</b>	+01:32:40 (35.1%)	7:48	7.7 (65.3%)
59	<b>NYCZ Sławomir</b>	<b>1105</b>		M30	59	02:02:16	03:31:25	03:37:54	04:23:43	<b>04:25:44.25</b>	<b>04:25:52.90</b>	+01:34:41 (35.6%)	7:51	7.6 (64.4%)
60	<b>PRZYBYLSKI Paweł</b>	<b>1203</b>	ANATOMIABIEGANIA	M30	60	02:06:23	03:36:41	03:42:44	04:24:16	<b>04:25:54.00</b>	<b>04:26:10.60</b>	+01:34:59 (35.7%)	7:52	7.6 (64.4%)
61	<b>MAGDA Łukasz</b>	<b>1403</b>	3XL	M30	61	02:03:51	03:38:28	03:44:23	04:25:05	<b>04:26:48.20</b>	<b>04:27:19.40</b>	+01:36:08 (36.0%)	7:53	7.6 (64.4%)
62	<b>KUBIK Tymoteusz</b>	<b>1204</b>		M30	62	02:06:47	03:36:43	03:42:50	04:25:21	<b>04:27:10.95</b>	<b>04:27:28.00</b>	+01:36:16 (36.0%)	7:54	7.6 (64.4%)
63	<b>BAJAK Wojciech</b>	<b>1125</b>	EKSTRAKLASA.ORG	M30	63	01:54:25	03:29:05	03:35:01	04:25:44	<b>04:27:39.65</b>	<b>04:27:56.40</b>	+01:36:45 (36.1%)	7:55	7.6 (64.4%)
64	<b>CIEKIEWICZ Tomasz</b>	<b>1227</b>		M30	64	02:04:19	03:36:25	03:42:35	04:25:57	<b>04:27:56.80</b>	<b>04:28:13.60</b>	+01:37:02 (36.2%)	7:55	7.6 (64.4%)
65	<b>SIMKUS Aidas</b>	<b>1300</b>	WILD SOULS	M30	65	02:03:15	03:32:24	03:38:20	04:26:31	<b>04:28:36.40</b>	<b>04:29:13.95</b>	+01:38:02 (36.4%)	7:56	7.6 (64.4%)
66	<b>ŻUREK Kazimierz</b>	<b>1164</b>		M30	66	01:58:30	03:32:52	03:40:56	04:27:22	<b>04:29:19.75</b>	<b>04:29:29.35</b>	+01:38:18 (36.5%)	7:58	7.5 (63.6%)
67	<b>KORZONEK Karol</b>	<b>2534</b>	SPRINT GORZYCE	M30	67	01:57:24	03:33:38	03:40:52	04:31:19	<b>04:33:44.25</b>	<b>04:34:03.30</b>	+01:42:52 (37.5%)	8:05	7.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
68	<b>FORTAK Rafał</b>	<b>1265</b>		M30	68	01:58:13	03:38:39	03:44:55	04:31:29	<b>04:33:45.55</b>	<b>04:34:08.55</b>	+01:42:57 (37.6%)	8:05	7.4 (62.7%)
69	<b>KIEDROWSKI Bartosz</b>	<b>1059</b>	LUBIĘ KLOPSY	M30	69	02:03:57	03:37:52	03:44:01	04:32:56	<b>04:35:00.55</b>	<b>04:35:07.50</b>	+01:43:56 (37.8%)	8:08	7.4 (62.7%)
70	<b>DROZD Grzegorz</b>	<b>1268</b>		M30	70	02:06:20	03:37:48	03:43:46	04:35:40	<b>04:37:51.00</b>	<b>04:38:19.10</b>	+01:47:08 (38.5%)	8:13	7.3 (61.9%)
71	<b>LOSKA Tomasz</b>	<b>2882</b>	#ZALINIAMETYTEAM	M30	71	02:10:44	03:46:31	03:52:38	04:37:29	<b>04:39:16.55</b>	<b>04:39:34.60</b>	+01:48:23 (38.8%)	8:15	7.3 (61.9%)
72	<b>PÓŁGĘSEK Bartosz</b>	<b>1259</b>	HARPAGAN RUNNERS	M30	72	02:05:52	03:42:48	03:48:37	04:36:56	<b>04:39:00.15</b>	<b>04:39:46.30</b>	+01:48:35 (38.8%)	8:15	7.3 (61.9%)
73	<b>SZCZECH Łukasz</b>	<b>1147</b>	BRACIAKISQUAD	M30	73	02:09:10	03:45:27	03:51:32	04:37:52	<b>04:39:46.70</b>	<b>04:40:30.45</b>	+01:49:19 (39.0%)	8:16	7.2 (61.0%)
74	<b>SIENKIEL Bartłomiej</b>	<b>1157</b>	BEŁŻYCE I OKOLICE BIEGAJA	M30	74	02:10:21	03:45:24	03:51:29	04:38:20	<b>04:40:04.80</b>	<b>04:40:52.15</b>	+01:49:41 (39.1%)	8:17	7.2 (61.0%)
75	<b>CZYCZ Mateusz</b>	<b>1174</b>	CARPATHIAN RUNNERS	M30	75	02:00:55	03:43:11	03:50:27	04:42:28	<b>04:44:58.30</b>	<b>04:45:06.20</b>	+01:53:55 (40.0%)	8:25	7.1 (60.2%)
76	<b>WIDŁAK Krzysztof</b>	<b>1066</b>	BIEGAM BEZ KLUBU	M30	76	02:10:26	03:54:42	04:00:35	04:43:26	<b>04:45:31.70</b>	<b>04:45:57.65</b>	+01:54:46 (40.1%)	8:26	7.1 (60.2%)
77	<b>ŻŁOBIŃSKI Tomasz</b>	<b>1423</b>	42K PRO TEAM	M30	77					<b>04:46:29.00</b>	<b>04:46:29.00</b>	+01:55:17 (40.2%)	8:28	7.1 (60.2%)
78	<b>DZIEDZIC Andrzej</b>	<b>1342</b>	ROAD TO ULTRA	M30	78	01:45:48	03:48:42	03:54:46	04:43:14	<b>04:46:26.65</b>	<b>04:46:32.85</b>	+01:55:21 (40.3%)	8:28	7.1 (60.2%)
79	<b>RZESZOTARSKI Tomasz</b>	<b>1447</b>	KTÓRĘDYNADMORSKIEOKO	M30	79	02:11:52	03:47:04	03:53:32	04:44:17	<b>04:46:22.45</b>	<b>04:46:36.80</b>	+01:55:25 (40.3%)	8:28	7.1 (60.2%)
80	<b>FLEJSZAR Marcin</b>	<b>1039</b>		M30	80	02:11:52	03:50:55	03:56:54	04:45:09	<b>04:47:17.60</b>	<b>04:47:48.50</b>	+01:56:37 (40.5%)	8:29	7.1 (60.2%)
81	<b>PIECHOWIAK Mateusz</b>	<b>1006</b>	Z GÓRKI I POD GÓRKĘ	M30	81	02:02:47	03:43:49	03:50:29	04:45:37	<b>04:47:50.85</b>	<b>04:47:54.15</b>	+01:56:43 (40.5%)	8:30	7 (59.3%)
82	<b>KONIECKIEWICZ Adam</b>	<b>1149</b>	SLOW JOGGING SIEDLCE	M30	82	02:00:28	03:49:11	03:54:49	04:46:07	<b>04:48:07.70</b>	<b>04:48:21.40</b>	+01:57:10 (40.6%)	8:31	7 (59.3%)
83	<b>GALEWSKI Adrian</b>	<b>1233</b>		M30	83	02:07:08	03:51:09	03:57:34	04:46:42	<b>04:48:45.75</b>	<b>04:49:14.55</b>	+01:58:03 (40.8%)	8:32	7 (59.3%)
84	<b>SALIŃSKI Bartosz</b>	<b>1169</b>	AUGUSTEAM	M30	84	02:10:15	03:52:25	03:58:51	04:47:24	<b>04:49:37.35</b>	<b>04:49:37.35</b>	+01:58:26 (40.9%)	8:34	7 (59.3%)
85	<b>KRAWIEC Dominik</b>	<b>1245</b>		M30	85	02:13:41	03:54:03	04:00:06	04:48:50	<b>04:51:02.45</b>	<b>04:51:15.55</b>	+02:00:04 (41.2%)	8:36	7 (59.3%)
86	<b>CIRILLO Saverio</b>	<b>1411</b>		M30	86	02:10:58	03:52:44	03:58:57	04:49:02	<b>04:51:00.15</b>	<b>04:51:37.80</b>	+02:00:26 (41.3%)	8:36	7 (59.3%)
87	<b>SEROCZYŃSKI Piotr</b>	<b>1237</b>		M30	87	02:05:50	03:48:23	03:54:41	04:48:47	<b>04:51:10.90</b>	<b>04:51:50.90</b>	+02:00:39 (41.3%)	8:36	7 (59.3%)
88	<b>MIZGAŁA Łukasz</b>	<b>1084</b>	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	M30	88	02:10:05	03:52:26	03:58:43	04:51:50	<b>04:54:00.60</b>	<b>04:54:23.20</b>	+02:03:12 (41.9%)	8:41	6.9 (58.5%)
89	<b>PRZESMYCKI Krzysztof</b>	<b>1374</b>		M30	89	02:10:59	03:55:25	04:02:42	04:51:35	<b>04:54:09.50</b>	<b>04:54:48.60</b>	+02:03:37 (41.9%)	8:42	6.9 (58.5%)
90	<b>MITIS Marek</b>	<b>1271</b>		M30	90	02:23:08	04:03:01	04:08:45	04:52:39	<b>04:54:42.10</b>	<b>04:54:53.80</b>	+02:03:42 (42.0%)	8:43	6.9 (58.5%)
91	<b>ROŚLON Cezary</b>	<b>2165</b>		M30	91	02:08:31	03:57:38	04:04:34	04:52:22	<b>04:54:35.05</b>	<b>04:55:17.50</b>	+02:04:06 (42.0%)	8:42	6.9 (58.5%)
92	<b>ORIOŁAS Edgaras</b>	<b>1299</b>		M30	92	02:16:08	04:00:30	04:06:27	04:53:00	<b>04:55:08.55</b>	<b>04:55:24.00</b>	+02:04:12 (42.0%)	8:43	6.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
93	<b>RZĘDZIAN Marcin</b>	<b>1038</b>		M30	93	02:10:56	03:54:55	04:01:26	04:52:38	<b>04:55:01.90</b>	<b>04:55:28.30</b>	+02:04:17 (42.1%)	8:43	6.9 (58.5%)
94	<b>GINTER Grzegorz</b>	<b>1401</b>	AZS COLLEGIUM MEDICUM UJ	M30	94	02:15:20	03:56:29	04:03:25	04:53:58	<b>04:56:05.60</b>	<b>04:56:13.55</b>	+02:05:02 (42.2%)	8:45	6.8 (57.6%)
95	<b>DULIBAN Tomasz</b>	<b>1148</b>	BIEGAJ Z URSUSEM	M30	95	01:56:55	04:00:42	04:06:38	04:54:23	<b>04:56:27.95</b>	<b>04:57:11.30</b>	+02:06:00 (42.4%)	8:46	6.8 (57.6%)
96	<b>TROJNAR Daniel</b>	<b>1089</b>		M30	96	02:10:45	03:54:04	04:00:40	04:55:03	<b>04:57:27.70</b>	<b>04:57:45.45</b>	+02:06:34 (42.5%)	8:48	6.8 (57.6%)
97	<b>BARANOWSKI Szymon</b>	<b>1096</b>		M30	97	02:10:46	03:55:26	04:03:09	04:57:12	<b>04:59:11.05</b>	<b>04:59:31.25</b>	+02:08:20 (42.8%)	8:51	6.8 (57.6%)
98	<b>BAKIERA Kamil</b>	<b>1022</b>		M30	98	02:12:34	03:57:09	04:04:24	04:58:16	<b>04:59:59.45</b>	<b>05:00:20.50</b>	+02:09:09 (43.0%)	8:52	6.8 (57.6%)
99	<b>MAZUR Tomasz</b>	<b>1339</b>	FARTLEK GO	M30	99	02:02:36	04:01:20	04:08:01	04:58:40	<b>05:00:06.90</b>	<b>05:00:26.85</b>	+02:09:15 (43.0%)	8:52	6.8 (57.6%)
100	<b>DOBRUT Krzysztof</b>	<b>1419</b>	MIG ŚLIMAKI	M30	100	02:14:55	04:00:46	04:07:46	05:01:05	<b>05:03:20.15</b>	<b>05:03:45.00</b>	+02:12:33 (43.6%)	8:58	6.7 (56.8%)
101	<b>AVERIN Pavel</b>	<b>1150</b>		M30	101	01:58:27	04:00:42	04:06:38	05:01:19	<b>05:03:15.20</b>	<b>05:03:58.25</b>	+02:12:47 (43.7%)	8:58	6.7 (56.8%)
102	<b>CZAJKOWSKI Krzysztof</b>	<b>1090</b>	NAPRZÓD MŁOCINY	M30	102	02:12:44	04:03:22	04:10:14	05:01:51	<b>05:03:54.85</b>	<b>05:04:04.90</b>	+02:12:53 (43.7%)	8:59	6.7 (56.8%)
103	<b>SZCZEPANIAK Michał</b>	<b>1124</b>		M30	103	02:11:22	04:02:33	04:10:15	05:01:48	<b>05:04:09.95</b>	<b>05:04:33.90</b>	+02:13:22 (43.8%)	8:59	6.7 (56.8%)
104	<b>NOWAK Michał</b>	<b>1047</b>	KLUB LENIWYCH BIEGACZY	M30	104	02:20:01	04:14:10	04:20:56	05:06:57	<b>05:09:02.85</b>	<b>05:09:35.10</b>	+02:18:24 (44.7%)	9:08	6.6 (55.9%)
105	<b>BACZUK Jakub</b>	<b>1045</b>		M30	105	02:15:39	03:58:41	04:05:34	05:08:07	<b>05:10:25.55</b>	<b>05:10:43.65</b>	+02:19:32 (44.9%)	9:11	6.5 (55.1%)
106	<b>LUDWIAK Michał</b>	<b>1337</b>	T-MOBILE SPORT TEAM	M30	106	02:27:00	04:12:35	04:19:02	05:09:25	<b>05:11:36.65</b>	<b>05:12:12.40</b>	+02:21:01 (45.2%)	9:13	6.5 (55.1%)
107	<b>WOJCIECHOWSKI Tadeusz</b>	<b>1293</b>	LULINEK	M30	107	02:19:44	04:07:43	04:14:51	05:10:03	<b>05:12:38.20</b>	<b>05:13:27.40</b>	+02:22:16 (45.4%)	9:14	6.5 (55.1%)
108	<b>WOJTUŃ Dawid</b>	<b>1109</b>		M30	108	02:16:37	04:13:43	04:18:42	05:17:06	<b>05:18:45.95</b>	<b>05:19:30.05</b>	+02:28:18 (46.4%)	9:25	6.4 (54.2%)
109	<b>WÓJCIK Bernard</b>	<b>1430</b>	TĘTNO PULSU	M30	109	02:20:04	04:12:07	04:19:11	05:16:48	<b>05:19:09.90</b>	<b>05:19:30.20</b>	+02:28:19 (46.4%)	9:26	6.4 (54.2%)
110	<b>JELEŃ Bartłomiej</b>	<b>1029</b>	PĘDZĄCY JELEŃ	M30	110	02:17:24	04:17:00	04:23:48	05:17:44	<b>05:19:44.85</b>	<b>05:20:04.25</b>	+02:28:53 (46.5%)	9:27	6.3 (53.4%)
111	<b>GARCZYK Przemysław</b>	<b>1077</b>	KB GALOPUJĄCE ŚLIMAKI	M30	111	02:15:05	04:06:18	04:14:49	05:17:40	<b>05:20:16.80</b>	<b>05:20:26.60</b>	+02:29:15 (46.6%)	9:28	6.3 (53.4%)
112	<b>NAMACZYŃSKI-KAPAŁA Brunon</b>	<b>1239</b>		M30	112	02:19:03	04:19:01	04:24:52	05:19:17	<b>05:21:19.45</b>	<b>05:21:56.75</b>	+02:30:45 (46.8%)	9:30	6.3 (53.4%)
113	<b>ZAWADA Damian</b>	<b>1370</b>		M30	113	02:24:48	04:20:06	04:27:40	05:25:04	<b>05:27:03.60</b>	<b>05:27:36.90</b>	+02:36:25 (47.7%)	9:40	6.2 (52.5%)
114	<b>ZAJDEL Szczepan</b>	<b>1106</b>		M30	114	02:21:31	04:15:14	04:23:05	05:24:51	<b>05:27:16.65</b>	<b>05:27:54.80</b>	+02:36:43 (47.8%)	9:40	6.2 (52.5%)
115	<b>CENTNAR Pawel</b>	<b>1244</b>	SALOS KRAKÓW	M30	115	02:15:51	04:13:13	04:21:26	05:24:54	<b>05:27:55.30</b>	<b>05:28:34.50</b>	+02:37:23 (47.9%)	9:42	6.2 (52.5%)
116	<b>ZASADNI Andrzej</b>	<b>1088</b>		M30	116	02:25:11	04:23:33	04:30:38	05:26:48	<b>05:28:59.95</b>	<b>05:29:11.95</b>	+02:38:00 (48.0%)	9:43	6.2 (52.5%)
117	<b>MATYSIAK Jakub</b>	<b>1141</b>	STG WARSZAWA	M30	117	02:24:31	04:21:32	04:28:05	05:26:42	<b>05:29:10.00</b>	<b>05:29:26.15</b>	+02:38:15 (48.0%)	9:44	6.2 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
118	<b>LESZCZYNSKI Bartłomiej</b>	<b>1098</b>	LASY WAWERSKIE	M30	118	02:20:48	04:16:07	04:23:57	05:29:24	<b>05:32:08.30</b>	<b>05:32:20.00</b>	+02:41:08 (48.5%)	9:49	6.1 (51.7%)
119	<b>KULA Damian</b>	<b>1040</b>	SKPB KATOWICE	M30	119	02:20:01	04:17:16	04:26:07	05:29:55	<b>05:32:10.45</b>	<b>05:32:42.50</b>	+02:41:31 (48.5%)	9:49	6.1 (51.7%)
120	<b>ZAWADZKI Piotr</b>	<b>1042</b>		M30	120	02:25:28	04:27:14	04:35:00	05:34:03	<b>05:36:23.25</b>	<b>05:36:37.90</b>	+02:45:26 (49.1%)	9:57	6 (50.8%)
121	<b>BEDNAREK Remigiusz</b>	<b>1160</b>	STG WARSZAWA	M30	121	02:11:23	04:09:31	04:21:22	05:34:41	<b>05:37:07.25</b>	<b>05:37:18.50</b>	+02:46:07 (49.2%)	9:58	6 (50.8%)
122	<b>SZLACHCIC Tomasz</b>	<b>1429</b>	TĘTNO PULSU	M30	122	02:27:46	04:28:20	04:36:30	05:36:16	<b>05:38:35.05</b>	<b>05:38:58.55</b>	+02:47:47 (49.5%)	10:01	6 (50.8%)
123	<b>KRYJAK Tomasz</b>	<b>1194</b>		M30	123	02:38:05	04:33:16	04:40:44	05:39:07	<b>05:41:41.25</b>	<b>05:42:25.25</b>	+02:51:14 (50.0%)	10:06	5.9 (50.0%)
124	<b>ISKIERKO Michał</b>	<b>1143</b>	TRIDEA	M30	124	02:19:53	04:27:56	04:33:45	05:40:26	<b>05:42:50.65</b>	<b>05:42:55.50</b>	+02:51:44 (50.1%)	10:08	5.9 (50.0%)
125	<b>STACHURSKI Paweł</b>	<b>1050</b>	KRÓLOWIE ŻYCIA	M30	125	02:24:04	04:25:33	04:33:11	05:39:46	<b>05:42:15.00</b>	<b>05:43:00.20</b>	+02:51:49 (50.1%)	10:07	5.9 (50.0%)
126	<b>SEROCZYNSKI Marek</b>	<b>1240</b>		M30	126	02:28:20	04:31:51	04:39:37	05:45:33	<b>05:48:15.60</b>	<b>05:48:54.10</b>	+02:57:43 (50.9%)	10:18	5.8 (49.2%)
127	<b>LARWA Paweł</b>	<b>1079</b>		M30	127	02:28:47	04:38:58	04:46:42	05:48:53	<b>05:51:38.50</b>	<b>05:51:57.80</b>	+03:00:46 (51.4%)	10:24	5.8 (49.2%)
128	<b>WYCECH Paweł</b>	<b>1198</b>		M30	128	02:37:04	04:45:43	04:53:48	05:52:59	<b>05:55:51.15</b>	<b>05:56:30.95</b>	+03:05:19 (52.0%)	10:31	5.7 (48.3%)
129	<b>GAŁKOWSKI Marcin</b>	<b>1275</b>	LUMBERJACKS CROSS GARAGE	M30	129	02:39:09	04:51:52	04:59:27	06:02:27	<b>06:04:39.80</b>	<b>06:04:56.70</b>	+03:13:45 (53.1%)	10:47	5.6 (47.5%)
130	<b>LUBSZCZYK Adrian</b>	<b>1348</b>		M30	130	02:35:36	04:57:54	05:06:13	06:05:15	<b>06:07:33.70</b>	<b>06:08:14.65</b>	+03:17:03 (53.5%)	10:52	5.5 (46.6%)
131	<b>JASIŃSKI Jarosław</b>	<b>1076</b>	SŁOŃCA JURY	M30	131	02:43:08	05:04:58	05:12:31	06:12:47	<b>06:15:10.80</b>	<b>06:15:33.90</b>	+03:24:22 (54.4%)	11:05	5.4 (45.8%)
132	<b>ROGÓZ Michał</b>	<b>1331</b>	TĘTNO PULSU	M30	132	02:27:46	04:48:36	04:56:05	06:15:40	<b>06:18:22.40</b>	<b>06:18:46.20</b>	+03:27:35 (54.8%)	11:11	5.4 (45.8%)
133	<b>SREBRO Przemysław</b>	<b>1389</b>	SIETAR	M30	133	02:49:28	05:08:51	05:16:40	06:21:19	<b>06:24:14.25</b>	<b>06:24:47.05</b>	+03:33:35 (55.5%)	11:22	5.3 (44.9%)
134	<b>STUDZIŃSKI Dawid</b>	<b>1303</b>		M30	134	02:34:57	04:47:01	04:55:07	06:22:25	<b>06:25:18.20</b>	<b>06:25:38.95</b>	+03:34:27 (55.6%)	11:23	5.3 (44.9%)
135	<b>BOCIĄGA Andrzej</b>	<b>1316</b>		M30	135	02:53:43	05:17:51	05:26:27	06:40:05	<b>06:43:11.75</b>	<b>06:43:46.40</b>	+03:52:35 (57.6%)	11:55	5 (42.4%)
136	<b>WRÓBLEWSKI Borys</b>	<b>1087</b>		M30	136	02:37:23	05:19:25	05:28:55	06:41:32	<b>06:44:12.10</b>	<b>06:44:27.95</b>	+03:53:16 (57.7%)	11:57	5 (42.4%)
137	<b>JANEK Piotr</b>	<b>1308</b>		M30	137	02:57:41	05:30:56	05:38:19	06:45:25	<b>06:48:01.35</b>	<b>06:48:39.35</b>	+03:57:28 (58.1%)	12:04	5 (42.4%)
138	<b>RYMON-LIPIŃSKI Robert</b>	<b>1153</b>	LUBIĘ CHRUSCIKI	M30	138	02:50:08	05:25:48	05:34:44	06:50:04	<b>06:52:36.10</b>	<b>06:53:20.50</b>	+04:02:09 (58.6%)	12:12	4.9 (41.5%)
139	<b>BUROKAS Tomas</b>	<b>1382</b>	WILD SOULS	M30	139	02:37:21	06:48:02	06:56:05	07:56:41	<b>07:59:14.05</b>	<b>07:59:52.45</b>	+05:08:41 (64.3%)	14:10	4.2 (35.6%)
<b>Przekroczony limit czasu: 08:00:00</b>														
140	<b>SITKO Tomasz</b>	<b>1376</b>	FUNDACJA RAKNROLL	M30	140	04:03:36	07:34:12	07:48:44		<b>09:27:10.95</b>	<b>09:28:02.05</b>	+06:36:50 (69.9%)	16:46	3.6 (30.5%)
	<b>WALKOSZ Mateusz</b>	<b>1452</b>	#SOBASTEAM	M30		01:36:30 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						Przehybie 14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
	<b>ŚLIWA Arkadiusz</b>	<b>1297</b>				M30	02:00:28 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)

Znaleziono 142 wynik(ów)