

IZERY ULTRA-TRAIL 100KM - 2025-06-28

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	Stóg Izerski	Chatka Górzystów	Polana Jakuszycka	Szkłarska Poręba, 4 peron	Kopań	Droga Dolnokwisowa	Czas	Czas	Różnica	Tempo	Tempo
										5km	17km	39km	59km	75km	93km	netto	brutto	w czasie	min/km	km/h
1	PILARSKI Tomasz	1	MARCIN ŚWIERC TEAM	BOGATYNIA		M40	1	M 1	00:00:03	00:35:44	01:32:42	03:19:36	04:59:03	06:34:11	08:27:24	09:35:48.49	09:35:52.42		05:45	10.4 (100%)
2	ADAMSKI Andrzej	33	SZYNYSZYLA GNIEZNO	GNIEZNO		M20	1	M 2	00:00:04	00:35:42	01:32:39	03:23:46	05:14:59	06:57:16	08:53:42	09:51:17.23	09:51:22.03	+00:15:29 (2.6%)	05:54	10.1 (97.1%)
3	KONIECZNY Szymon	54	KONIECZNY ULTRA TEAM	CHOSZCZCZO		M30	1	M 3	00:00:07	00:38:24	01:39:09	03:33:30	05:28:48	07:20:26	09:39:22	10:48:47.76	10:48:55.17	+01:13:02 (11.3%)	06:29	9.2 (88.5%)
4	MAŁEK Tomasz	14	GÓRZELAS RUNNING CLUB	GOSTYN		M30	2	M 4	00:00:05	00:38:18	01:39:12	03:38:42	05:32:56	07:19:05	09:39:23	10:53:45.56	10:53:50.96	+01:17:58 (11.9%)	06:32	9.2 (88.5%)
5	LECZOWICZ Patryk	38		WROCŁAW		M30	3	M 5	00:00:04	00:36:21	01:36:24	03:40:16	05:50:10	07:50:54	10:09:26	11:15:04.42	11:15:09.18	+01:39:16 (14.7%)	06:45	8.9 (85.6%)
6	JAWORSKI Łukasz	61	ULTRAMOC-)	WARSZAWA		M40	2	M 6	00:00:04	00:36:14	01:39:15	03:43:18	05:48:59	07:47:20	10:12:13	11:41:20.80	11:41:25.26	+02:05:32 (17.9%)	07:00	8.6 (82.7%)
7	ONOSZKO Adam	45	SOKÓLSKI ULTRAS	SOKÓŁKA		M40	3	M 7	00:00:04	00:38:19	01:39:24	03:47:04	05:48:19	07:52:16	10:19:46	11:47:40.10	11:47:44.50	+02:11:52 (18.6%)	07:04	8.5 (81.7%)
8	PAZULA Ewa	34	KB WYSZKÓW	WYSZKÓW		K30	1	K 1	00:00:03	00:44:05	01:54:07	04:12:07	06:25:58	08:25:36	10:53:57	12:20:46.27	12:20:50.04	+02:44:57 (22.3%)	07:24	8.1 (77.9%)
9	IWANOWSKI Przemysław	75	JBTEAM	CHOCIANÓW		M40	4	M 8	00:00:06	00:40:03	01:49:11	04:04:25	06:17:22	08:23:38	10:53:54	12:20:49.33	12:20:56.13	+02:45:03 (22.3%)	07:24	8.1 (77.9%)
10	WASILEWSKI Marcin	56		DROSZKÓW		M30	4	M 9	00:00:05	00:41:48	01:46:46	04:09:56	06:26:42	08:34:51	11:14:35	12:43:29.17	12:43:34.40	+03:07:41 (24.6%)	07:38	7.9 (76.0%)
11	GALUSZKA Filip	2	KOKOSZKA36TEAM	WARSZAWA		M30	5	M 10	00:00:12	00:44:41	01:54:52	04:16:40	06:31:36	08:50:51	11:34:07	12:50:19.74	12:50:32.68	+03:14:40 (25.3%)	07:42	7.8 (75.0%)
12	GROMALA Krzysztof	43	GROMALATEAM	ŚWIEBODZICE		M40	5	M 11	00:00:04	00:40:25	01:50:35	04:03:34	06:16:51	08:28:07	11:21:06	12:58:04.77	12:58:09.70	+03:22:17 (26.0%)	07:46	7.7 (74.0%)
13	SUSMARSKA Ewa	59	POZNAN	POZNAN		K20	1	K 2	00:00:02	00:41:25	01:50:41	04:10:54	06:32:59	08:51:33	11:27:42	12:59:41.84	12:59:44.83	+03:23:52 (26.1%)	07:47	7.7 (74.0%)
14	SIP Wojciech	5	FSD RUN DREZDENKO	DREZDENKO		M40	6	M 12	00:00:00			04:16:22	05:58:08	08:55:29	11:41:54	13:07:20.04	13:07:20.04	+03:31:27 (26.9%)	07:52	7.6 (73.1%)
15	STARON Norbert	64	DZG RUNNERS ZGORZELEC	ZGORZELEC		M40	7	M 13	00:00:15	00:50:33	02:10:49	04:45:19	07:08:50	09:29:21	12:07:03	13:21:02.93	13:21:18.47	+03:45:26 (28.1%)	08:00	7.5 (72.1%)
16	KUCHCIAK Mateusz	58	EDI TEAM ZGORZELEC	ZGORZELEC		M30	6	M 14	00:00:15	00:50:27	02:10:47	04:45:20	07:08:50	09:29:21	12:06:55	13:21:03.20	13:21:19.00	+03:45:26 (28.1%)	08:00	7.5 (72.1%)
17	JASIŃSKI Sylwester	35	WKB MARATONCZYK WŁOCŁAWEK	OSMIAŁOWO		M30	7	M 15	00:00:02	00:43:59	01:59:16	04:29:24	06:58:37	09:27:58	12:05:44	13:23:31.19	13:23:34.02	+03:47:41 (28.3%)	08:02	7.5 (72.1%)
18	BARTOSZ Robert	47		SUWAŁKI		M50	1	M 16	00:00:04	00:44:08	01:55:03	04:20:33	06:50:46	09:10:01	12:05:27	13:25:08.57	13:25:13.47	+03:49:21 (28.5%)	08:03	7.5 (72.1%)
19	KUCZYŃSKI Rafał	57	LUBINSKE CHARAKTERY	LUBIN		M40	8	M 17	00:00:07	00:43:17	01:55:03	04:19:59	06:51:48	09:23:20	12:17:44	13:41:51.94	13:41:58.99	+04:06:06 (29.9%)	08:13	7.3 (70.2%)
20	PASEK Monika	36	RUNNING CRAZY STRIPES	CZACHÓWEK		K40	1	K 3	00:00:09	00:47:02	01:57:33	04:27:19	06:54:14	09:25:15	12:17:49	13:44:29.78	13:44:39.05	+04:08:46 (30.2%)	08:14	7.3 (70.2%)
21	WAŻ Grzegorz	13		ŚWINOUJŚCIE		M40	9	M 18	00:00:20	00:43:43	01:54:10	04:25:07	06:51:35	09:23:09	12:17:32	13:44:29.75	13:44:40.40	+04:08:57 (30.2%)	08:14	7.3 (70.2%)
22	JERKA Marek	39	WOLNY TYBET	KOSKOWICE		M40	10	M 19	00:00:16	00:49:47	02:07:52	04:45:24	07:17:33	09:49:37	12:52:29	14:15:25.50	14:15:42.20	+04:39:49 (32.7%)	08:33	7 (67.3%)
23	ŁOJEWSKI Marcin	46	BWRUNNERS	WARSZAWA		M30	8	M 20	00:00:07	00:44:46	01:57:33	04:29:50	06:56:13	09:29:19	12:42:47	14:19:04.02	14:19:11.59	+04:43:19 (33.0%)	08:35	7 (67.3%)
24	SZUBERT Agnieszka	23	KOŁOBRZEG BIEGA	USTRONIE MORSKIE		K40	2	K 4	00:00:12	00:52:11	02:11:50	04:52:01	07:41:54	10:09:31	12:59:35	14:28:47.38	14:29:00.25	+04:53:07 (33.7%)	08:41	6.9 (66.3%)
25	SZUKAŁA Piotr	73		POZNAN		M40	11	M 21	00:00:14	00:52:21	02:07:35	05:08:48	08:16:01	10:45:37	13:28:27	14:34:39.48	14:34:54.44	+04:59:02 (34.2%)	08:44	6.9 (66.3%)
26	NIEKRASZ Justyna	71	BIEGOWA ŚWIDNICA	ŚWIDNICA		K50	1	K 5	00:00:11	00:52:19	02:09:32	04:55:30	07:46:37	10:16:46	13:14:15	14:39:12.15	14:39:23.98	+05:03:31 (34.5%)	08:47	6.8 (65.4%)
27	PIENIAŻEK Patryk	31	PROGRESS POLKOWICE / KGHM ZG RUN	POLKOWICE		M30	9	M 22	00:00:11	00:44:41	01:57:32	04:26:19	07:03:14	09:29:39	12:50:00	14:41:19.96	14:41:31.39	+05:05:38 (34.7%)	08:48	6.8 (65.4%)
28	SZUBERT Marcin	24	KOŁOBRZEG BIEGA	USTRONIE MORSKIE		M40	12	M 23	00:00:14	00:52:18	02:10:05	04:51:59	07:41:55	10:09:48	13:08:47	14:42:56.88	14:43:11.72	+05:07:19 (34.8%)	08:49	6.8 (65.4%)
29	BUDNICKI Andrzej	21	BIEGUNKA	BIAŁYSTOK		M50	2	M 24	00:00:13	00:52:13	02:10:17	04:51:20	07:37:20	10:10:28	13:16:54	14:47:44.60	14:47:57.95	+05:12:05 (35.1%)	08:52	6.8 (65.4%)
30	ŁAKOMA Małgorzata	48	AKTYWNIĘ UZALEŻNIAMY	PŁOCK		K40	3	K 6	00:00:07	00:52:10	02:19:03	05:12:37	07:48:55	10:26:57	13:31:15	14:52:55.79	14:53:03.74	+05:17:11 (35.5%)	08:55	6.7 (64.4%)
31	STROJEK Grzegorz	10	PRZEMKÓW	PRZEMKÓW		M50	3	M 25	00:00:09	00:43:45	01:54:03	04:33:28	07:20:32	09:58:14	13:11:17	14:54:32.95	14:54:42.45	+05:18:50 (35.6%)	08:56	6.7 (64.4%)
32	STANIEK Sławomir	20	BLACKSHEEP TEAM	RYBNIK		M40	13	M 26	00:00:04	00:45:28	01:59:21	04:31:46	07:07:21	09:52:58	13:14:10	14:56:12.22	14:56:16.40	+05:20:23 (35.7%)	08:57	6.7 (64.4%)
33	SOBOTA Jacek	70		BIAŁYSTOK		M50	4	M 27	00:00:03	00:47:33	02:07:42	04:43:48	07:20:10	10:06:34		15:07:44.73	15:07:47.75	+05:31:55 (36.6%)	09:04	6.6 (63.5%)
34	BRONCEL Sebastian	67		TYCHY		M50	5	M 28	00:00:10	00:42:27	01:53:26	04:39:03	07:27:12	10:16:06	13:38:17	15:15:23.05	15:15:33.91	+05:39:41 (37.1%)	09:09	6.6 (63.5%)
35	KUDELSKI Ireneusz	63	43 WOJSKOWY ODDZIAŁ GOSPODARCZY	OŚETNICA		M50	6	M 29	00:00:17	00:46:03	01:56:11	04:43:47	07:27:40	10:22:50	13:38:09	15:20:30.79	15:20:48.35	+05:44:55 (37.5%)	09:12	6.5 (62.5%)
36	PILIPCZUK Paweł	11		PORAJÓW		M40	14	M 30	00:00:18	00:52:19	02:16:27	05:12:37	08:01:42	10:57:00	13:44:42	15:21:12.11	15:21:30.50	+05:45:38 (37.5%)	09:12	6.5 (62.5%)
37	MIZERSKI Tomasz	12		ZGORZELEC		M50	7	M 31	00:00:18	00:52:27	02:16:33	05:13:20	08:03:20	10:57:02	13:53:20	15:45:17.13	15:45:36.04	+06:09:43 (39.1%)	09:27	6.3 (60.6%)
38	WIKTOROWICZ Tomasz	74		DZIWIŚÓW		M50	8	M 32	00:00:11	00:45:22	01:57:33	04:40:04	07:39:26	10:33:42	13:52:57	15:51:16.92	15:51:28.30	+06:15:35 (39.5%)	09:30	6.3 (60.6%)
39	MATYSZKIEWICZ Paweł	40	W POGONI ZA DUCHEM	CZELĄDZ		M50	9	M 33	00:00:00	00:49:28	02:08:36	04:57:01	07:55:02	10:51:48	14:09:06	15:56:26.71	15:56:26.71	+06:20:34 (39.8%)	09:33	6.3 (60.6%)
40	DAWISKIBA Krzysztof	6	FSD RUN	DREZDENKO		M40	15	M 34	00:00:11	00:49:50	02:11:45	05:01:09	08:05:55	10:54:06	14:10:21	16:03:16.03	16:03:27.98	+06:27:35 (40.2%)	09:37	6.2 (59.6%)
41	FICNER Iwona	7	FSD RUN DREZDENKO	STARE KUROWO		K50	2	K 7	00:00:11	00:50:29	02:11:51	05:01:09	08:05:55	10:54:10	14:10:22	16:03:16.85	16:03:28.12	+06:27:35 (40.2%)	09:37	6.2 (59.6%)
42	WOJTYRA Artur	55		ZDUŃSKA WOLA		M30	10	M 35	00:00:09	00:45:26	01:59:12	04:56:51	07:54:52	10:51:46	14:42:44	16:21:57.12	16:22:06.25	+06:46:13 (41.4%)	09:49	6.1 (58.7%)
43	GLAZER Marcin	72	PKO BANK POLSKI	WARSZAWA		M40	16	M 36	00:00:12	00:51:04										