

# ULTRAJANOSIK 55 KM SPISKA PĘTLA

B4SPORT

**Wydarzenie:** ULTRAJANOSIK 2019  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2019-08-31  
**Miejsce:** Zespół Rekreacyjny Polana Sosny - Niedzica  
**Dystans:** 55 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

| Msc | Zawodnik                         | Numer       | Klub                        | Kategoria         | Mkat | Kacwin<br>11km | Dursztyn<br>38km | Czas<br>netto<br>55km | Czas<br>brutto<br>55km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|-------------|-----------------------------|-------------------|------|----------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | <b>GRZELAK Kamila</b>            | <b>5304</b> | #MĘCINAPANY                 | Senior Kobiet     | 1    | 01:18:37       | 04:12:33         | <b>05:59:38.30</b>    | <b>05:59:43.90</b>     |                      | 6:32            | 9.2<br>(100%)  |
| 2   | <b>SZULTK Magdalena</b>          | <b>5248</b> |                             | Senior Kobiet     | 2    | 01:21:10       | 04:27:50         | <b>06:24:47.25</b>    | <b>06:24:54.00</b>     | +00:25:10 (6.5%)     | 6:59            | 8.6<br>(93.5%) |
| 3   | <b>WIECZOREK Agata</b>           | <b>5267</b> | TEBEG RUNNERS TEAM          | Master Kobiet     | 1    | 01:27:23       | 04:49:25         | <b>06:52:54.95</b>    | <b>06:53:23.80</b>     | +00:53:39<br>(13.0%) | 7:30            | 8 (87.0%)      |
| 4   | <b>ŻUREK-KRÓL Żaneta</b>         | <b>5292</b> | POZNAŃ CITYZEN              | Master Kobiet     | 2    | 01:32:44       | 04:50:50         | <b>06:57:07.20</b>    | <b>06:57:10.10</b>     | +00:57:26<br>(13.8%) | 7:35            | 7.9<br>(85.9%) |
| 5   | <b>MALECKA-LEŃ Patrycja</b>      | <b>5153</b> | SANTANDERRUNNERSTEAM        | Master Kobiet     | 3    | 01:30:48       | 04:54:59         | <b>06:59:14.00</b>    | <b>06:59:43.45</b>     | +00:59:59<br>(14.3%) | 7:37            | 7.9<br>(85.9%) |
| 6   | <b>TRZEŹWIŃSKA Anna</b>          | <b>5257</b> | LBL                         | Master Kobiet     | 4    | 01:40:38       | 04:56:00         | <b>06:59:43.15</b>    | <b>07:00:08.65</b>     | +01:00:24<br>(14.4%) | 7:37            | 7.9<br>(85.9%) |
| 7   | <b>SZAFRAŃSKA Aleksandra</b>     | <b>5243</b> | WKURW_TEAM                  | Senior Kobiet     | 3    | 01:30:33       | 04:53:27         | <b>07:05:53.05</b>    | <b>07:05:57.95</b>     | +01:06:14<br>(15.5%) | 7:44            | 7.7<br>(83.7%) |
| 8   | <b>DĄBROWSKA Natalia</b>         | <b>5048</b> | VEGE RUNNERS                | Senior Kobiet     | 4    | 01:36:20       | 05:00:43         | <b>07:10:01.15</b>    | <b>07:10:41.60</b>     | +01:10:57<br>(16.5%) | 7:49            | 7.7<br>(83.7%) |
| 9   | <b>WINIARSKA Monika</b>          | <b>5271</b> | BIEGIEM PRZEZ GÓRY          | Master Kobiet     | 5    | 01:41:01       | 05:32:46         | <b>07:39:54.30</b>    | <b>07:40:03.80</b>     | +01:40:19<br>(21.8%) | 8:21            | 7.2<br>(78.3%) |
| 10  | <b>CEBRAT Ewa</b>                | <b>5031</b> | POZYTYWNIIE ZABIEGANI SANOK | Master Kobiet     | 6    | 01:47:30       | 05:36:28         | <b>07:45:35.65</b>    | <b>07:45:56.00</b>     | +01:46:12<br>(22.8%) | 8:27            | 7.1<br>(77.2%) |
| 11  | <b>CHOJNACKA Karolina</b>        | <b>5035</b> |                             | Master Kobiet     | 7    | 01:39:24       | 05:28:04         | <b>07:48:27.50</b>    | <b>07:48:44.15</b>     | +01:49:00<br>(23.3%) | 8:31            | 7 (76.1%)      |
| 12  | <b>PODODEMSKA-ZABDYR Izabela</b> | <b>5206</b> | KS PEGAZ                    | Weteran<br>Kobiet | 1    | 01:46:39       | 05:35:56         | <b>07:49:17.85</b>    | <b>07:50:01.30</b>     | +01:50:17<br>(23.5%) | 8:31            | 7 (76.1%)      |
| 13  | <b>PERZ Marzenna</b>             | <b>5193</b> |                             | Weteran<br>Kobiet | 2    | 01:46:05       | 05:34:28         | <b>07:50:55.05</b>    | <b>07:51:19.20</b>     | +01:51:35<br>(23.7%) | 8:33            | 7 (76.1%)      |
| 14  | <b>KARPIŁOWSKA Maria</b>         | <b>5100</b> |                             | Master Kobiet     | 8    | 01:35:54       | 05:42:07         | <b>07:59:28.10</b>    | <b>08:00:06.95</b>     | +02:00:23<br>(25.1%) | 8:43            | 6.9<br>(75.0%) |
| 15  | <b>JANAS Kasia</b>               | <b>5091</b> |                             | Senior Kobiet     | 5    | 01:47:36       | 05:37:19         | <b>08:13:47.20</b>    | <b>08:13:58.65</b>     | +02:14:14<br>(27.2%) | 8:58            | 6.7<br>(72.8%) |

| Msc | Zawodnik                            | Numer       | Klub                     | Kategoria         | Mkat | Kacwin<br>11km | Dursztyn<br>38km | Czas<br>netto<br>55km | Czas<br>brutto<br>55km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------------|-------------|--------------------------|-------------------|------|----------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16  | <b>GOLON Marlena</b>                | <b>5077</b> | RUN PASJA                | Master Kobiet     | 9    | 01:48:45       | 05:57:19         | <b>08:17:32.25</b>    | <b>08:17:39.00</b>     | +02:17:55<br>(27.7%) | 9:02            | 6.6<br>(71.7%) |
| 17  | <b>TATARCZYK Patrycja</b>           | <b>5252</b> | SKLEP BIEGACZA           | Senior Kobiet     | 6    | 01:50:48       | 05:49:56         | <b>08:18:19.95</b>    | <b>08:18:27.15</b>     | +02:18:43<br>(27.8%) | 9:03            | 6.6<br>(71.7%) |
| 18  | <b>HORDZIEJEWICZ-KARASIŃSKA Ewa</b> | <b>5086</b> | STREFA BYKÓW             | Weteran<br>Kobiet | 3    | 01:39:40       | 05:47:01         | <b>08:25:48.05</b>    | <b>08:26:15.00</b>     | +02:26:31<br>(28.9%) | 9:11            | 6.5<br>(70.7%) |
| 19  | <b>WOLSKA Agata</b>                 | <b>5276</b> |                          | Master Kobiet     | 10   | 01:47:59       | 05:51:33         | <b>08:26:52.25</b>    | <b>08:27:10.75</b>     | +02:27:26<br>(29.1%) | 9:12            | 6.5<br>(70.7%) |
| 20  | <b>PANEK Aleksandra</b>             | <b>5184</b> |                          | Weteran<br>Kobiet | 4    | 01:54:33       | 06:04:01         | <b>08:34:06.00</b>    | <b>08:34:29.75</b>     | +02:34:45<br>(30.1%) | 9:20            | 6.4<br>(69.6%) |
| 21  | <b>LISOWSKA Kamila</b>              | <b>5141</b> | YNO ULTRA / LEŚNE RUN    | Senior Kobiet     | 7    | 01:54:10       | 06:03:26         | <b>08:39:44.70</b>    | <b>08:40:26.20</b>     | +02:40:42<br>(30.9%) | 9:27            | 6.3<br>(68.5%) |
| 22  | <b>SADOWSKA Jagoda</b>              | <b>5220</b> | #YOLOTEAMKRK             | Senior Kobiet     | 8    | 01:40:33       | 05:57:13         | <b>08:40:21.45</b>    | <b>08:40:31.75</b>     | +02:40:47<br>(30.9%) | 9:27            | 6.3<br>(68.5%) |
| 23  | <b>ANTOŃCZAK Justyna</b>            | <b>5004</b> | KRASNYSTAW BIEGA         | Senior Kobiet     | 9    | 01:59:03       | 06:12:48         | <b>08:40:24.60</b>    | <b>08:40:53.50</b>     | +02:41:09<br>(30.9%) | 9:27            | 6.3<br>(68.5%) |
| 24  | <b>BAGIŃSKA Paulina</b>             | <b>5007</b> |                          | Master Kobiet     | 11   | 01:52:50       | 06:11:03         | <b>08:44:14.70</b>    | <b>08:44:40.60</b>     | +02:44:56<br>(31.4%) | 9:31            | 6.3<br>(68.5%) |
| 25  | <b>FOGT Monika</b>                  | <b>5064</b> |                          | Master Kobiet     | 12   | 01:49:59       | 06:10:56         | <b>08:50:17.85</b>    | <b>08:50:21.45</b>     | +02:50:37<br>(32.2%) | 9:38            | 6.2<br>(67.4%) |
| 26  | <b>BRUZDA Joanna</b>                | <b>5028</b> | BIEGOWA KUŹNIA           | Master Kobiet     | 13   | 01:46:46       | 06:05:07         | <b>08:54:15.55</b>    | <b>08:54:26.05</b>     | +02:54:42<br>(32.7%) | 9:42            | 6.2<br>(67.4%) |
| 27  | <b>GNACY Agnieszka</b>              | <b>5075</b> |                          | Senior Kobiet     | 10   | 02:02:16       | 06:21:13         | <b>08:55:28.70</b>    | <b>08:55:50.60</b>     | +02:56:06<br>(32.9%) | 9:44            | 6.2<br>(67.4%) |
| 28  | <b>FIGURSKA Honorata</b>            | <b>5063</b> | MARKOWI BIEGACZE         | Weteran<br>Kobiet | 5    | 02:03:58       | 06:21:18         | <b>08:56:46.00</b>    | <b>08:57:02.65</b>     | +02:57:18<br>(33.0%) | 9:45            | 6.1<br>(66.3%) |
| 29  | <b>PAWLIK Ula</b>                   | <b>5191</b> | #ADAMCZERWIŃSKITEAM      | Master Kobiet     | 14   | 01:50:00       | 06:05:49         | <b>09:02:55.70</b>    | <b>09:03:13.90</b>     | +03:03:30<br>(33.8%) | 9:52            | 6.1<br>(66.3%) |
| 30  | <b>PLISZCZYŃSKA Justyna</b>         | <b>5202</b> |                          | Master Kobiet     | 15   | 01:50:57       | 06:19:06         | <b>09:03:12.40</b>    | <b>09:03:32.00</b>     | +03:03:48<br>(33.8%) | 9:52            | 6.1<br>(66.3%) |
| 31  | <b>FRIEZE Tatiana</b>               | <b>5069</b> |                          | Master Kobiet     | 16   | 01:56:17       | 06:22:19         | <b>09:04:45.65</b>    | <b>09:05:11.25</b>     | +03:05:27<br>(34.0%) | 9:54            | 6.1<br>(66.3%) |
| 32  | <b>MIELNICZEK Ewa</b>               | <b>5160</b> |                          | Master Kobiet     | 17   | 01:54:02       | 06:06:49         | <b>09:09:21.90</b>    | <b>09:09:32.20</b>     | +03:09:48<br>(34.5%) | 9:59            | 6 (65.2%)      |
| 33  | <b>MYTNIK Katarzyna</b>             | <b>5169</b> | OBIBOKI                  | Master Kobiet     | 18   | 01:54:19       | 06:22:22         | <b>09:15:17.20</b>    | <b>09:15:48.80</b>     | +03:16:04<br>(35.3%) | 10:05           | 5.9<br>(64.1%) |
| 34  | <b>TRĘDOTA-NIEPSUJ Iwona</b>        | <b>5255</b> | SZCZYPIORKI              | Master Kobiet     | 19   | 02:02:32       | 06:25:27         | <b>09:17:07.65</b>    | <b>09:17:18.50</b>     | +03:17:34<br>(35.5%) | 10:07           | 5.9<br>(64.1%) |
| 35  | <b>KALIŃSKA Dorota Lidia</b>        | <b>5099</b> | NIEMANIE                 | Senior Kobiet     | 11   | 01:57:30       | 06:25:05         | <b>09:18:06.20</b>    | <b>09:18:40.95</b>     | +03:18:57<br>(35.6%) | 10:08           | 5.9<br>(64.1%) |
| 36  | <b>PANEK Agata</b>                  | <b>5183</b> | GRUPA JURA.PL            | Master Kobiet     | 20   | 02:03:02       | 06:27:50         | <b>09:22:57.45</b>    | <b>09:23:35.40</b>     | +03:23:51<br>(36.2%) | 10:14           | 5.9<br>(64.1%) |
| 37  | <b>KACZMAREK Agata</b>              | <b>5097</b> | GRUPA JURA'PL            | Master Kobiet     | 21   | 02:03:01       | 06:27:52         | <b>09:22:58.55</b>    | <b>09:23:35.55</b>     | +03:23:51<br>(36.2%) | 10:14           | 5.9<br>(64.1%) |
| 38  | <b>KISIEL Jolanta</b>               | <b>5107</b> | LBL LUBIĘ BIEGAĆ LENIWIE | Master Kobiet     | 22   | 01:49:52       | 06:21:09         | <b>09:28:22.95</b>    | <b>09:28:41.75</b>     | +03:28:57<br>(36.7%) | 10:20           | 5.8<br>(63.0%) |

| Msc                                       | Zawodnik                    | Numer | Klub                      | Kategoria          | Mkat | Kacwin<br>11km  | Dursztyn<br>38km | Czas<br>netto<br>55km | Czas<br>brutto<br>55km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|---|-----------------------------|-------|---------------------------|--------------------|------|-----------------|------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39  | WITKOWSKA Maria             | 5273  | KLUB KRÓLIKA STEFANA      | Dinozaur<br>Kobiet | 1    | 02:05:24        | 06:40:42         | 09:29:55.65           | 09:30:22.05            | +03:30:38<br>(36.9%) | 10:21           | 5.8<br>(63.0%) |
| 40  | SZYMCZAK Katarzyna          | 5249  |                           | Weteran<br>Kobiet  | 6    | 01:58:09        | 06:37:56         | 09:34:45.75           | 09:34:58.90            | +03:35:15<br>(37.4%) | 10:27           | 5.7<br>(62.0%) |
| 41  | DUDEK Kamila                | 5057  | POWER TRAINING            | Senior<br>Kobiet   | 12   | 02:03:36        | 06:25:25         | 09:35:49.65           | 09:36:06.50            | +03:36:22<br>(37.6%) | 10:28           | 5.7<br>(62.0%) |
| 42  | WOROBIEWA Jekatierina       | 5279  | POWER TRAINING            | Senior<br>Kobiet   | 13   | 02:03:36        | 06:25:24         | 09:35:49.90           | 09:36:06.80            | +03:36:22<br>(37.6%) | 10:28           | 5.7<br>(62.0%) |
| 43  | WALCZYK Anna                | 5260  | DĘBICKIE GEPARDY          | Senior<br>Kobiet   | 14   | 02:06:06        | 06:43:25         | 09:36:25.55           | 09:36:36.35            | +03:36:52<br>(37.6%) | 10:28           | 5.7<br>(62.0%) |
| 44  | TOBERA Alicja               | 5253  |                           | Senior<br>Kobiet   | 15   | 02:10:37        | 06:52:30         | 09:46:45.50           | 09:47:19.60            | +03:47:35<br>(38.8%) | 10:40           | 5.6<br>(60.9%) |
| 45  | WAŚCIŃSKA Edyta             | 5263  | PĘDZI - PARA              | Weteran<br>Kobiet  | 7    | 02:00:49        | 06:44:55         | 09:47:17.95           | 09:47:43.45            | +03:47:59<br>(38.8%) | 10:40           | 5.6<br>(60.9%) |
| 46  | PLUTA Marta                 | 5203  | DZIKIE MUSTANGI           | Master<br>Kobiet   | 23   | 02:10:23        | 06:48:27         | 09:49:11.05           | 09:49:53.40            | +03:50:09<br>(39.0%) | 10:42           | 5.6<br>(60.9%) |
| 47  | BINEK Katarzyna             | 5018  | NIGHT RUNNERS             | Senior<br>Kobiet   | 16   | 02:05:30        | 06:55:29         | 10:07:08.80           | 10:07:40.75            | +04:07:56<br>(40.8%) | 11:02           | 5.4<br>(58.7%) |
| 48  | ŻABKO Aleksandra            | 5291  | NIGHT RUNNERS POZNAŃ      | Senior<br>Kobiet   | 17   | 02:05:27        | 06:55:22         | 10:07:08.40           | 10:07:40.85            | +04:07:56<br>(40.8%) | 11:02           | 5.4<br>(58.7%) |
| 49  | MACIĄG Monika               | 5148  |                           | Master<br>Kobiet   | 24   | 02:06:50        | 07:13:11         | 10:08:48.30           | 10:09:25.95            | +04:09:42<br>(41.0%) | 11:04           | 5.4<br>(58.7%) |
| 50  | CUDZIŁO Joanna              | 5041  | PKO BANK POLSKI           | Weteran<br>Kobiet  | 8    | 01:54:47        | 06:47:18         | 10:25:50.10           | 10:26:20.10            | +04:26:36<br>(42.6%) | 11:22           | 5.3<br>(57.6%) |
| 51  | CYLC Agnieszka              | 5042  | YNY                       | Master<br>Kobiet   | 25   | 02:14:19        | 07:32:45         | 10:38:10.70           | 10:38:46.85            | +04:39:02<br>(43.7%) | 11:36           | 5.2<br>(56.5%) |
| 52  | ZARAŃSKA Izabela            | 5286  | MIECHOWICKA GRUPA BIEGOWA | Weteran<br>Kobiet  | 9    | 02:10:30        | 07:32:10         | 10:56:29.35           | 10:56:56.60            | +04:57:12<br>(45.2%) | 11:56           | 5 (54.3%)      |
| 53  | RZENNO Dagmara              | 5219  | MIECHOWICKA GRUPA BIEGOWA | Weteran<br>Kobiet  | 10   | 02:10:30        | 07:32:54         | 10:56:29.70           | 10:56:57.00            | +04:57:13<br>(45.2%) | 11:56           | 5 (54.3%)      |
| <b>Przekroczony limit czasu: 11:00:00</b> |                             |       |                           |                    |      |                 |                  |                       |                        |                      |                 |                |
| 54  | MIELCAREK Anna              | 5159  | NO EXCUSES TEAM           | Master<br>Kobiet   | 26   | 02:44:17        | 07:59:06         | 11:00:36.95           | 11:00:55.90            | +05:01:12<br>(45.6%) | 12:00           | 5 (54.3%)      |
| 55  | RATAJCZAK Anna              | 5215  | HERNIK TEAM               | Master<br>Kobiet   | 27   | 02:44:16        | 08:11:20         | 12:05:37.60           | 12:05:56.25            | +06:06:12<br>(50.4%) | 13:11           | 4.5<br>(48.9%) |
| 56  | WRÓBLEWSKA Joanna           | 5282  | FESTIWAL BIEGOWY          | Dinozaur<br>Kobiet | 2    | 02:40:43        | 08:23:46         | 12:20:11.65           | 12:20:54.95            | +06:21:11<br>(51.4%) | 13:27           | 4.5<br>(48.9%) |
| 57  | DOMAGAŁA Agnieszka          | 5052  | GRUPA JURA. PL            | Master<br>Kobiet   | 28   | 02:28:57        | 08:00:40         | 12:40:50.05           | 12:41:26.30            | +06:41:42<br>(52.8%) | 13:50           | 4.3<br>(46.7%) |
|   | WOJNO Małgorzata            | 5275  | DROGA DO ULTRA            | Senior<br>Kobiet   |      | 01:48:48<br>DNF | DNF              | DNF                   | DNF                    |                      | -               | - (0.0%)       |
|   | PAWELCZYK Adriana           | 5187  | BIEGAM BO NIE LUBIĘ       | Master<br>Kobiet   |      | 01:56:29<br>DNF | DNF              | DNF                   | DNF                    |                      | -               | - (0.0%)       |
|   | MRÓZ-SICZYŃSKA Katarzyna    | 5166  | KEJT.LAJF                 | Senior<br>Kobiet   |      | 02:14:44<br>DNF | DNF              | DNF                   | DNF                    |                      | -               | - (0.0%)       |
|   | ŚWIERKOSZ-HOŁYSZ Małgorzata | 5301  |                           | Master<br>Kobiet   |      | DNF             | DNF              | DNF                   | DNF                    |                      | -               | - (0.0%)       |

Znaleziono 61 wynik(ów)