



10KM ZADYSZKA - GUT WINTER

B4SPORT

Event: Gorce Ultra-Trail - Winter
Organiser: Fundacja Run Vegan
Date: 2023-02-25
Place: Ochotnica Górna
Distance: 9.5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Penalty/ bonus	Net time 9.5km	Czas brutto 9.5km	Gap	Pace min/km	Pace km/h
1	JAWORSKI Zbigniew	434		M-OPEN	1			00:48:03.45	00:48:03.45		5:03	11.9 (100%)
2	ŻÓŁTEK Grzegorz	503		M-OPEN	2			00:49:25.35	00:49:25.35	+00:01:21 (2.8%)	5:12	11.5 (96.6%)
3	WRÓBEL Przemysław	502		M-OPEN	3			00:50:18.25	00:50:18.25	+00:02:14 (4.5%)	5:17	11.3 (95.0%)
4	KNUTELSKI Błażej	436	PODHALAŃSKIE DZIKI GORAŃCY POTOK	M-OPEN	4			00:50:25.25	00:50:25.25	+00:02:21 (4.7%)	5:18	11.3 (95.0%)
5	TYNUS Grzegorz	506	ELTYN	M-OPEN	5			00:54:53.15	00:54:53.15	+00:06:49 (12.4%)	5:46	10.4 (87.4%)
6	PAWŁOWSKI Michał	466		M-OPEN	6			00:56:31.45	00:56:31.45	+00:08:28 (15.0%)	5:56	10.1 (84.9%)
7	TKACZYK Szymon	489	WEGANIZMY	M-OPEN	7			00:58:32.35	00:58:32.35	+00:10:28 (17.9%)	6:09	9.7 (81.5%)
8	BOLECHOWSKA Dominika	93	ALPIN PORT	K-OPEN	1			01:00:54.25	01:00:54.25	+00:12:50 (21.1%)	6:24	9.4 (79.0%)
9	BIAŁEK Aleksandra	407	WEGANIZMU	K-OPEN	2			01:02:27.65	01:02:27.65	+00:14:24 (23.1%)	6:34	9.1 (76.5%)
10	ALTEWĘGIER Jarosław	400	AW - SZYBCIEJ - TEAM	M-OPEN	8			01:02:28.25	01:02:28.25	+00:14:24 (23.1%)	6:34	9.1 (76.5%)
11	KUNKEL Mariusz	33		M-OPEN	9			01:03:42.40	01:03:42.40	+00:15:38 (24.6%)	6:42	8.9 (74.8%)
12	LASKOWSKI Maciej	450	ZB DZIK	M-OPEN	10			01:04:50.25	01:04:50.25	+00:16:46 (25.9%)	6:49	8.8 (73.9%)
13	SKOWRON Antoni	477		M-OPEN	11			01:04:50.50	01:04:50.50	+00:16:47 (25.9%)	6:49	8.8 (73.9%)
14	TOKARCZYK Jacek	491		M-OPEN	12			01:05:26.20	01:05:26.20	+00:17:22 (26.6%)	6:53	8.7 (73.1%)
15	OLEJARNIK Łukasz	462		M-OPEN	13			01:05:35.60	01:05:35.60	+00:17:32 (26.7%)	6:54	8.7 (73.1%)
16	PIERZCHAŁA Artur	468	GRAVITYREVOLT	M-OPEN	14			01:06:00.15	01:06:00.15	+00:17:56 (27.2%)	6:56	8.6 (72.3%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Penalty/ bonus	Net time 9.5km	Czas brutto 9.5km	Gap	Pace min/km	Pace km/h
17	CHROBAK Agnieszka	414	#R	K-OPEN	3			01:06:38.90	01:06:38.90	+00:18:35 (27.9%)	7:00	8.6 (72.3%)
18	APOSTOLSKI Łukasz	403	ZABIERZÓW BIEGA	M-OPEN	15			01:08:23.40	01:08:23.40	+00:20:19 (29.7%)	7:11	8.3 (69.7%)
19	KOWALSKA Dorota	441	KB PARANTELA	K-OPEN	4	KB Parantela		01:09:06.00	01:09:06.00	+00:21:02 (30.5%)	7:16	8.2 (68.9%)
20	KONOPKA Krystian	439		M-OPEN	16			01:09:53.05	01:09:53.05	+00:21:49 (31.2%)	7:21	8.2 (68.9%)
21	POLAKIEWICZ Paulina	469		K-OPEN	5			01:09:56.75	01:09:56.75	+00:21:53 (31.3%)	7:21	8.2 (68.9%)
22	GOŁDYN Michał	427	PROJEKT 1000UP	M-OPEN	17	Projekt1000UP		01:10:28.75	01:10:28.75	+00:22:25 (31.8%)	7:25	8.1 (68.1%)
23	MAJOCH Karol	453		M-OPEN	18			01:10:40.65	01:10:40.65	+00:22:37 (32.0%)	7:26	8.1 (68.1%)
24	BURDZIK Wojciech	411		M-OPEN	19			01:11:30.05	01:11:30.05	+00:23:26 (32.8%)	7:31	8 (67.2%)
25	GOŁDYN Mateusz	426	PROJEKT 1000UP	M-OPEN	20	Projekt1000UP		01:12:21.55	01:12:21.55	+00:24:18 (33.6%)	7:36	7.9 (66.4%)
26	TOKARCZYK Ewelina	490		K-OPEN	6			01:12:28.55	01:12:28.55	+00:24:25 (33.7%)	7:37	7.9 (66.4%)
27	ŚWIERC Barbara	484	TRAIL RUN KRAKÓW	K-OPEN	7	TRAIL RUN Kraków		01:12:57.10	01:12:57.10	+00:24:53 (34.1%)	7:40	7.8 (65.5%)
28	FLORIAN Sabina	508		K-OPEN	8			01:13:27.70	01:13:27.70	+00:25:24 (34.6%)	7:43	7.8 (65.5%)
29	BŁONIARCZYK Janusz	408	KB PARANTELA	M-OPEN	21	KB Parantela		01:15:13.60	01:15:13.60	+00:27:10 (36.1%)	7:55	7.6 (63.9%)
30	CHLIPALA Ewelina	413		K-OPEN	9			01:15:15.65	01:15:15.65	+00:27:12 (36.1%)	7:55	7.6 (63.9%)
31	KUKLA Katarzyna	447		K-OPEN	10			01:15:22.30	01:15:22.30	+00:27:18 (36.2%)	7:56	7.6 (63.9%)
32	KUKLA Grzegorz	446		M-OPEN	22			01:15:22.45	01:15:22.45	+00:27:19 (36.2%)	7:56	7.6 (63.9%)
33	ŚWIERKOWSKI Jakub	485		M-OPEN	23			01:15:24.80	01:15:24.80	+00:27:21 (36.3%)	7:56	7.6 (63.9%)
34	PAŁKA Anna	464	KB PARANTELA	K-OPEN	11	KB Parantela		01:16:41.10	01:16:41.10	+00:28:37 (37.3%)	8:04	7.4 (62.2%)
35	ORZECHOWSKA Sylwia	463		K-OPEN	12			01:17:12.10	01:17:12.10	+00:29:08 (37.8%)	8:07	7.4 (62.2%)
36	MIERNIK Marzena	456		K-OPEN	13			01:17:29.15	01:17:29.15	+00:29:25 (38.0%)	8:09	7.4 (62.2%)
37	GRAKOWSKI Łukasz	428	KUNIE	M-OPEN	24			01:17:49.80	01:17:49.80	+00:29:46 (38.3%)	8:11	7.3 (61.3%)
37	CZECH Halina	416		K-OPEN	14			01:17:49.80	01:17:49.80	+00:29:46 (38.3%)	8:11	7.3 (61.3%)
39	JAWORSKI Jacek	433		M-OPEN	25			01:18:38.85	01:18:38.85	+00:30:35 (38.9%)	8:16	7.2 (60.5%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Penalty/ bonus	Net time 9.5km	Czas brutto 9.5km	Gap	Pace min/km	Pace km/h
40	WOLA Adam	498		M-OPEN	26			01:19:06.60	01:19:06.60	+00:31:03 (39.3%)	8:19	7.2 (60.5%)
41	WOJAS Łukasz	497		M-OPEN	27			01:19:06.65	01:19:06.65	+00:31:03 (39.3%)	8:19	7.2 (60.5%)
42	APOSTOLSKI Przemysław	402	ZABIERZÓW BIEGA	M-OPEN	28			01:19:17.90	01:19:17.90	+00:31:14 (39.4%)	8:20	7.2 (60.5%)
43	GOŁDYN Agata	425	PROJEKT 1000UP	K-OPEN	15	Projekt1000UP		01:19:45.10	01:19:45.10	+00:31:41 (39.7%)	8:23	7.1 (59.7%)
44	GOŁDYN Piotr	424	PROJEKT 1000UP	M-OPEN	29	Projekt1000UP		01:19:45.20	01:19:45.20	+00:31:41 (39.7%)	8:23	7.1 (59.7%)
45	PAŁKA Ewa	465	KB PARANTELA	K-OPEN	16	KB Parantela		01:20:12.25	01:20:12.25	+00:32:08 (40.1%)	8:26	7.1 (59.7%)
46	MICHAŁEK Sylwia	454	ADIDAS RUNNERS WARSAW	K-OPEN	17			01:20:20.55	01:20:20.55	+00:32:17 (40.2%)	8:27	7.1 (59.7%)
47	WOLAK Grzegorz	499		M-OPEN	30			01:20:39.15	01:20:39.15	+00:32:35 (40.4%)	8:29	7.1 (59.7%)
48	PARWA Michał	507		M-OPEN	31			01:21:19.35	01:21:19.35	+00:33:15 (40.9%)	8:33	7 (58.8%)
49	KOZAK Michał	442		M-OPEN	32			01:21:56.65	01:21:56.65	+00:33:53 (41.4%)	8:37	7 (58.8%)
50	SKIBA Elżbieta	476		K-OPEN	18	Nowa Huta Team		01:22:47.10	01:22:47.10	+00:34:43 (41.9%)	8:42	6.9 (58.0%)
51	KLUBA Magdalena	435	FALSTART RUDNIKI	K-OPEN	19			01:23:17.20	01:23:17.20	+00:35:13 (42.3%)	8:46	6.8 (57.1%)
52	MŁYNARCZYK Patrycja	457		K-OPEN	20			01:23:27.00	01:23:27.00	+00:35:23 (42.4%)	8:47	6.8 (57.1%)
53	SKALSKI Grzegorz	475	KS PLUSZAKI	M-OPEN	33			01:23:48.45	01:23:48.45	+00:35:45 (42.7%)	8:49	6.8 (57.1%)
54	BAJERA Aneta	404		K-OPEN	21			01:23:54.55	01:23:54.55	+00:35:51 (42.7%)	8:49	6.8 (57.1%)
55	KORSAK Piotr	440		M-OPEN	34			01:24:38.35	01:24:38.35	+00:36:34 (43.2%)	8:54	6.7 (56.3%)
56	TOKARSKA Donata	492	OSTROBIEC	K-OPEN	22	OstroBiec 2		01:25:56.15	01:25:56.15	+00:37:52 (44.1%)	9:02	6.6 (55.5%)
57	SETLAK Agnieszka	471	KB PARANTELA	K-OPEN	23			01:26:29.25	01:26:29.25	+00:38:25 (44.4%)	9:06	6.6 (55.5%)
58	WNĘKOWICZ Magdalena	496	KB PARANTELA	K-OPEN	24	KB Parantela		01:26:30.00	01:26:30.00	+00:38:26 (44.4%)	9:06	6.6 (55.5%)
59	KREROWICZ Grzegorz	445		M-OPEN	35			01:29:07.95	01:29:07.95	+00:41:04 (46.1%)	9:22	6.4 (53.8%)
60	PUGOWSKA Izabela	470		K-OPEN	25			01:29:31.95	01:29:31.95	+00:41:28 (46.3%)	9:25	6.4 (53.8%)
61	GAŁĄZKIEWICZ Kamil	422		M-OPEN	36	OstroBiec 2		01:30:46.90	01:30:46.90	+00:42:43 (47.1%)	9:33	6.3 (52.9%)
62	DURCZAK Dominik	419		M-OPEN	37			01:31:00.35	01:31:00.35	+00:42:56 (47.2%)	9:34	6.3 (52.9%)

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63	BOBROWSKA Anna	409	ŁÓDŹ RUN CREW	K-OPEN	26			01:31:09.10	01:31:09.10	+00:43:05 (47.3%)	9:35	6.3 (52.9%)
64	DZIEDZIC Julia	421	AKTYWNY STARY SĄCZ	K-OPEN	27			01:31:38.55	01:31:38.55	+00:43:35 (47.6%)	9:38	6.2 (52.1%)
65	JASIK Justyna	432		K-OPEN	28	MoKato FalUsy		01:34:52.40	01:34:52.40	+00:46:48 (49.3%)	9:59	6 (50.4%)
66	DYTKIEWICZ Michał	420		M-OPEN	38			01:34:52.55	01:34:52.55	+00:46:49 (49.3%)	9:59	6 (50.4%)
67	KOZŁOWSKA Iza	443	PLUSZAKI	K-OPEN	29			01:37:27.80	01:37:27.80	+00:49:24 (50.7%)	10:15	5.8 (48.7%)
68	SIOŁA Franciszek	473		M-OPEN	39			01:39:20.45	01:39:20.45	+00:51:17 (51.6%)	10:27	5.7 (47.9%)
69	STOPKA Slawek	479		M-OPEN	40		00:45:00	01:39:37.65	01:39:37.65	+00:51:34 (51.8%)	5:44	10.4 (87.4%)
70	PELZ Zuzanna	467		K-OPEN	30			01:45:00.95	01:45:00.95	+00:56:57 (54.2%)	11:03	5.4 (45.4%)
71	KOJDER-MALICKA Olga	437	OSTROBIEC	K-OPEN	31	OstroBiec		01:45:31.75	01:45:31.75	+00:57:28 (54.5%)	11:06	5.4 (45.4%)
72	DELEGIEWICZ Olga	418	OSTROBIEC	K-OPEN	32	OstroBiec		01:45:32.10	01:45:32.10	+00:57:28 (54.5%)	11:06	5.4 (45.4%)
73	SKALSKA Malgorzata	474	KS PLUSZAKI	K-OPEN	33			01:45:52.10	01:45:52.10	+00:57:48 (54.6%)	11:08	5.4 (45.4%)
74	BAZIA Monika	406	BYLE CO	K-OPEN	34			01:45:52.15	01:45:52.15	+00:57:48 (54.6%)	11:08	5.4 (45.4%)
74	ŚWIĘTOCHOWSKA Beata	486	BYLE CO	K-OPEN	34			01:45:52.15	01:45:52.15	+00:57:48 (54.6%)	11:08	5.4 (45.4%)
76	KULA Milena	448		K-OPEN	36			01:48:57.15	01:48:57.15	+01:00:53 (55.9%)	11:28	5.2 (43.7%)
77	WIELICZKO Pawel	494		M-OPEN	41			01:49:06.80	01:49:06.80	+01:01:03 (56.0%)	11:29	5.2 (43.7%)
78	OBRZUT Tomasz	460		M-OPEN	42		00:45:00	01:51:30.45	01:51:30.45	+01:03:27 (56.9%)	7:00	8.6 (72.3%)
79	CZAPCZYŃSKA Iwona	415		K-OPEN	37			01:52:37.40	01:52:37.40	+01:04:33 (57.3%)	11:51	5.1 (42.9%)
80	OBRZUT Krzysztof	461		M-OPEN	43		00:45:00	01:53:18.10	01:53:18.10	+01:05:14 (57.6%)	7:11	8.3 (69.7%)
81	SZCZEPANIAK Aleksander	480	AKTYWNY STARY SĄCZ	M-OPEN	44		00:45:00	01:53:48.60	01:53:48.60	+01:05:45 (57.8%)	7:14	8.3 (69.7%)
82	SZCZEPANIAK Barbara	482	KAMIENICA	K-OPEN	38			01:56:18.10	01:56:18.10	+01:08:14 (58.7%)	12:14	4.9 (41.2%)
83	APANOWICZ Angelika	401		K-OPEN	39			01:56:37.85	01:56:37.85	+01:08:34 (58.8%)	12:16	4.9 (41.2%)
83	LISZEWSKI Mariusz	451		M-OPEN	45			01:56:37.85	01:56:37.85	+01:08:34 (58.8%)	12:16	4.9 (41.2%)
85	ŚLIWA Maciej	483		M-OPEN	46			01:57:11.90	01:57:11.90	+01:09:08 (59.0%)	12:20	4.9 (41.2%)

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86	MOLITORYS Marek	458		M-OPEN	47		00:45:00	01:58:48.45	01:58:48.45	+01:10:45 (59.6%)	7:46	7.7 (64.7%)
87	HULL Sławek	430		M-OPEN	48		00:45:00	02:07:31.70	02:07:31.70	+01:19:28 (62.3%)	8:41	6.9 (58.0%)
88	WOLF Olimpia	500		K-OPEN	40			02:12:07.65	02:12:07.65	+01:24:04 (63.6%)	13:54	4.3 (36.1%)
89	GAŁKA Łukasz	423	KUNIE	M-OPEN	49		00:45:00	02:20:19.60	02:20:19.60	+01:32:16 (65.8%)	10:02	6 (50.4%)
90	CZECHOWSKI Jerzy	417	MZA- WARSZAWA	M-OPEN	50			02:26:56.90	02:26:56.90	+01:38:53 (67.3%)	15:28	3.9 (32.8%)
91	BOLIGŁOWA Dawid	509		M-OPEN	51					+00:00:04	100:00	0.6 (5.0%)

Total 91 results.